

# CHESTERFIELD COUNTY

Providing a FIRST CHOICE Community through Excellence in public service

## *Parks and Recreation Program Guide*



## *Summer 2003*

(804) 768-1623

TDD (804) 748-1127

[chesterfield.gov](http://chesterfield.gov)

## From the Director's Desk

Aaaaahhh summer — time to take a deep breath, slow down and enjoy simple pleasures like a stroll in the park, a canoe ride or a softball game.

Everyone relaxes, unless they're on the staff of Chesterfield County Parks and Recreation.

For us, summer is our busiest time as we prepare for the increased use of our facilities.

Park maintenance increases as workers cut grass, plant flowers, spread mulch and gravel along trails, paint and clean rest rooms, prepare ball fields, maintain playgrounds and picnic shelters, and patch and repave tennis and basketball courts.

Summer also means that we offer a variety of outdoor recreation activities such as youth and adult sports and adventure programs. Our programs help teenagers find positive ways to enjoy free time at one of the four teen centers located throughout the county. Teens also may participate in adventure camps or volunteer as camp counselors for younger children.

Did you know that Parks and Recreation offers more than 60 sessions of camps for kids? While most camps focus on traditional activities such as archery, canoeing, nature, arts and crafts, and games, we also offer many special-interest camps, such as ice skating, clowning, tennis, golf, music and art appreciation.

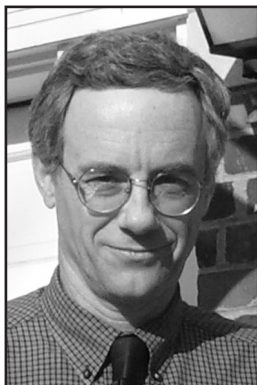
For families to spend quality time together, there are special events, such as "Comcast's Fourth of July" celebration, "Family Night Out" at a Richmond Speed football game, a "Family Fairway Frenzy" golf tournament at The First Tee, and other activities held at both the Bensley and Ettrick Community Buildings.

Much of summer's allure is that free-spirited feeling that comes with taking day trips. Several trips will be offered, such as a "Day of Sailing" on Chesapeake Bay or "Parent and Child Paddling Explorations" at Dutch Gap Conservation Area. And seniors may enjoy sightseeing to Norfolk, Annapolis and other locales.

Wow! There's so much to do this summer. And at Parks and Recreation, we're here to help.



Mike Golden  
Director  
Chesterfield County Parks and Recreation



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## At Your Service

The Parks and Recreation staff is here to help you!

### Athletic Programs

Bill Carlson, 748-1128  
Kelly Hedley, 748-1122  
Susie Owens, 751-4199

### Community Buildings

Bensley: Dennis Barnes, 275-5321  
Ettrick: Center Director, 526-5596

### Nature Programs

Mark Battista, 706-9690  
Judy Brown, 745-7020  
Nature Center, 674-1629

### Outdoor Adventure Programs

Noel Losen, 748-1129  
Greg Velzy, 748-1124  
Challenge Course, 751-4133

### Recreation Programs

General Information  
Greg Sager, 748-1131

Eastern/Central District  
Mark Pinney, 748-1992  
Northern District  
Charles Hester, 748-1130  
Southern District  
Jackie Maclin, 748-1123  
Western District  
Dave Caras, 748-1132  
Senior Adults  
Judy Jones, 751-4135  
Therapeutic Recreation  
Erika de Witt, 751-4134

### Park Information

Main Parks Office: 748-1624  
Dodd Park at Point of Rocks: 530-2459  
Huguenot Park: 323-1700  
Iron Bridge Park: 271-7554  
Rockwood Park: 276-6661

*The mission of the Chesterfield County Parks and Recreation Department is to provide a comprehensive system of leisure programs, educational opportunities and recreational facilities for all its citizens while conserving and protecting environmental, historical and cultural resources. We will promote community involvement in developing and providing leisure services. The department will ensure customer service excellence, affordability, equal opportunity, a safe environment and access for all citizens.*

## Softball

### Chesterfield County Parks and Recreation Fall Coed Softball League

Games on Tuesday and Wednesday nights at Ironbridge Park and Bird Complex and Sunday afternoons, starting in August. A league fee of \$320. Includes a 7 week 14 game season and all game balls. A league meeting will be held on Monday, July 14, at 7:30 pm in room 502 of the Administration Building in the Chesterfield County Government Complex. Enter the building through the front entrance of the police station.

Details: Kelly Hedley, 748-1122

**Course #6740**

### **NEW!** Fall Women's Softball League

A new county run league that will be held on Thursday nights at Warbro starting in August. The league fee is \$320 and includes a 7 week 14 game season with all game balls. USSA rules and umpires. A league meeting will be held on Monday, July 14 at 6:30 pm in room 502 of the Administration Building in the Chesterfield County Government Complex. Enter the building through the front entrance of the police station.

Details: Kelly Hedley, 748-1122

**Course #6960**

### Chesterfield Softball Association (Men's Softball)

Offers many men's leagues throughout the county. A league meeting will be held in August; games begin in September. Teams and individuals may sign up.

Details: 768-4252

### Southside Churches Recreation Association

Offers men's, women's and coed leagues for area church teams. Season starts in August.

Details: Debbie Synder, 271-4683

### Senior Softball

The association consists of two leagues that play at Bird Complex. The coed league (Marie Hewlett 271-0324, Moularouge47@aol.com) plays on Monday nights for men 50+ and women 40+. The men's league (Dan Mare 794-7438, danmar879@cs.com) plays Thursday nights for men 50+. The fee is \$60 for Chesterfield County residents, but women playing in the coed league for the first time pay \$30.

## Soccer

### American International Soccer League

This soccer league plays at Clover Hill Athletic Complex on Sundays.

Details: Roberto Contreras, 276-9282

### Capital Area Soccer Association

Association consists of three divisions: men's 20 and older, men's 30 and older and men's 40 and older.

Details: CASA Hotline, 794-5259

### Chesterfield Women's Soccer

Offers an 18-and-older division, and a 30-and-older division. Games played on Sundays, starting in September.

Details: 346-1998.

### Chesterfield Parks and Recreation Coed Soccer League

This recreational coed league is for adults ages 18 and older. Games will be played on Thursdays at the Cloverhill Soccer Complex, starting in June. The league fee for the 8 week season is \$40 per couple or \$400 per team. Shirts are included in the fee. Game times are 6:15 pm and 7:15 pm. Rain makeups will be played on Mondays. Register by May 9. A league meeting will be held the first night of play at the field at 6:30 pm followed by scrimmages. All teams will be called with the exact start date.

Details: Kelly Hedley, 748-1122. **Course #6742**

## Basketball

### Fall Basketball League TT

Chesterfield County Parks and Recreation will be accepting teams interested in playing in the Fall Basketball League. Games are played on weeknights at various school sites. The fall league will start in early September, and the league fee will be \$440. A league meeting will be held on Wednesday, August 6 at 6:30 pm in the conference room of the Parks and Recreation Administration Building.

Details: Kelly Hedley, 748-1122. **Course #6743**

## Volleyball

### Adult Volleyball Leagues TT

Chesterfield County Parks and Recreation will offer competitive and recreational volleyball leagues for coed teams. Monday night will be a competitive league and Wednesday night will be a recreational league. Both leagues begin in early September and play at Manchester Middle School. The team league fee is \$350 for competitive and \$230 recreational. A league meeting will be held on the first night of play at 6:30 pm at Manchester Middle followed by scrimmages. All teams will be called with the date and time.

Details: Kelly Hedley, 748-1122.

Competitive League

**Course #6745**

Recreational League

**Course #6746**

### Looking For A Team? New to the area?

If you are interested in forming a team, getting on a team, or if you need a few more players on your team, for any sport, give us a call. Contact Kelly Hedley at 748-1122, or e-mail [Hedleyk@chesterfield.gov](mailto:Hedleyk@chesterfield.gov)

## Non-Resident Fee

Fees are charged to non-residents of Chesterfield County who wish to participate in department and cosponsored athletic activities. The fee is \$10 per person, per sport and applies to all adult and youth leagues, teams, open gyms and individuals. Non-compliance may lead to a denial of the privilege of using county facilities.



Chesterfield Parks and Recreation sponsors or cosponsors numerous youth and adult leagues offering a wide variety of sports. The department, in cooperation with county schools, provides facilities necessary for the operation of these leagues.

## Baseball and Softball

Chesterfield County cosponsors several youth baseball and softball programs September through October. Practice starts in August. Games begin in the fall.

### Chesterfield Baseball Clubs Inc.

This countywide program is for youth ages 5-18. Teams are fielded by local athletic associations. Details: Bruce Strickland, 790-1719 or [www.cbcbaseball.com](http://www.cbcbaseball.com)

### Chesterfield Little League

This baseball program is for youth ages 5-18. Teams will practice and play in Hull Street Road corridor. Details: 254-2374 or [www.eteamz.com/cllbb](http://www.eteamz.com/cllbb)

### Central Chesterfield Little League

Practice and play in the Courthouse corridor and south. Designed for ages 5-18. Details: 271-0160 or [www.ccll.us](http://www.ccll.us)

### Huguenot Little League

For youth ages 5-18. Practices and games held in the Midlothian Turnpike corridor. Details: 323-6357 [www.hllball.org](http://www.hllball.org)

### Chesterfield Youth Softball Association

League offers slow-pitch and fast-pitch softball for youth ages 5-18. Countywide program. Details: 254-1880 [www.cysainc.com](http://www.cysainc.com)

### Chesterfield United Girls' Softball

This A.S.A. and A.F.A. sanctioned fast-pitch program is for girls ages 12-18. Play at various sites throughout the county. Details: Milton Simmons, 743-1336

## Football

### Chesterfield Quarterback League

Countywide youth football league for ages 6-14. Teams are fielded by local athletic associations. Practices starts in August. Saturday games begin in September, around the county. Details: 778-7888.

### Chesterfield Metro Football Association

(Affiliated with Metro Youth Football Association) Offers football and cheerleading to ages 6-14. Uses Virginia High School League rules and enforces a "must-play rule" for all participants. Practice starts in August. Details: Lou Lippa at 743-1328.

## Cheerleading

### Chesterfield Cheerleading League

For youth ages 8-15, with flag cheering for ages 5-7. Competitive squads for grades 4-12. Tryouts through May. Cheer at Chesterfield Quarterback League football games. Register through your local athletic association.

## Soccer

Countywide soccer program for ages 5-18. Games are played Saturdays, starting in September, at various park and school sites. The program consists of six-member leagues that offer in-house and select travel teams. Register through area soccer associations:

### Chesterfield Soccer Club

796-3030  
[www.chesterfieldsc.com](http://www.chesterfieldsc.com)

### F.C. Richmond Soccer League

897-5200  
[www.fcrichmond.com](http://www.fcrichmond.com)

### Midlothian Youth Soccer League

744-8505  
[www.mysl.com](http://www.mysl.com)

### Pocoshock Youth Soccer League

276-1454

### James River Soccer League

254-7905  
[www.jrusoccer.com](http://www.jrusoccer.com)

### Swift Creek Sports Club

(affiliated with VYSA)

901-1190  
[www.swiftcreeksportsclub.com](http://www.swiftcreeksportsclub.com)

## Field Hockey/Lacrosse

### Swift Creek Sports Club

A recreational league for youth ages 8-19. Offers field hockey and lacrosse at various field locations throughout the county. A "must play rule" for all participants. Affiliated with USFHA and USLA. Details: 901-1190 [www.swiftcreeksportsclub.com](http://www.swiftcreeksportsclub.com)

## Athletic Associations

Many youth sports require registration through a local athletic association. To find out which association serves you and to receive information on how to register, call 751-4199. Associations are listed below.

Bellwood	Evergreen	Providence
Bensley	Falling Creek	Reams Road
Beulah	Gates	Robious
Chalkley	Gordon	Salem
Christian	Harrowgate	Smith
Chester Sports Boosters	Hening	Spring Run
Clover Hill	Hopkins	Swift Creek
Crenshaw	Jacobs	Wells
Davis	Matoaca	Woodlake
Enon	Midlothian	Woolridge
Ettrick		

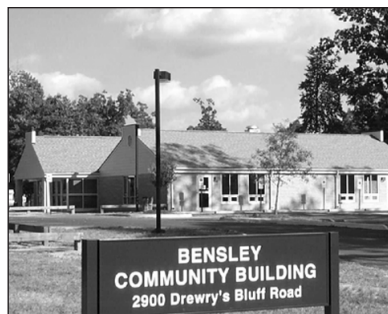
**Check out our Web site at**  
**[www.chesterfield.gov](http://www.chesterfield.gov)**

## Nonresident Fees

Fees are charged to non-residents of Chesterfield County who wish to participate in department and cosponsored athletic activities. The fee is \$10 per person, per sport and applies to all adult and youth leagues, teams, open gyms and individuals. Non-compliance may lead to a denial of the privilege of using county facilities.



The Chesterfield County Parks and Recreation Department is excited to offer youths, adults and senior adults a wide variety of programs at the Bensley Community Building. These programs consist of classes, workshops, special events and craft programs all made possible by the cooperative effort of Chesterfield County and a Community Development Block Grant.



## Available for rentals

The Bensley Community Building, 2900 Drewry's Bluff Road, Bensley Park, is rented on a first-come, first-served basis with an hourly charge applied Friday through Sunday. The building is more than 5,000 square feet and contains an arts-crafts room,

and a multipurpose room which are available for rent.

**For more information and rentals, please call Dennis Barnes, Jr., 275-5321.**

## Youth Programs

### Karate for Kids <sup>TT</sup>

Learn self-defense, physical fitness, coordination, balance and discipline in this ongoing program for youths. Students will earn different belts as they progress in the program. "Student of the Month" awards will also be given. Uniforms may be purchased for an additional fee. Otis "Randy" Jones, along with his staff, will be instructing this class. Youths 8 and years old and older are welcome.

Tuesdays and Thursdays, 6-7 p.m.

Dates		Fee	Course #
Tuesdays, Thursdays	May 6-June 12	\$25	6758
Tuesdays, Thursdays	June 17-July 24	\$25	6759
Tuesdays, Thursdays	July 22-Aug 28	\$20	6760

### Creatures at the Ocean Music Camp <sup>TT</sup>

This program is for youths 2-6 years old and is designed to educate and stimulate. Optional materials are available.

Instructor: Candy Banks

July 28-Aug.1, 9:30-11:30 a.m. \$15 Course #6832

### Monday Tutoring <sup>TT</sup>

This course will give your child an opportunity to make a difference in his or her schoolwork and get some FREE tutoring assistance in the subjects such as science, math and reading. For more information, call or come by the Bensley Community Building.

Details: Justin White, 275-5321

Mondays, May 5-June 9, 3:15-5:30 p.m.

Course #6808

### Find the TT for Touch Tone

**TT** Whenever you see this phone symbol next to a program, it indicates that you can use our easy, Touch Tone Registration process. See page 29 for details.

### Hang Time <sup>TT</sup>

This is a FREE youth program for those 10-14 years old. The Hang Time program will provide your child an opportunity to participate in sporting activities, arts and crafts and field trips in a safe structured environment. Bring friends or meet new ones at the Bensley Community Building. Space is limited, so register early!!

Tuesdays, Wednesdays, and Thursdays, 3-5:30 p.m.

Details: Justin White, 275-5321

#### FREE

#### Dates

Tuesdays-Thursdays, May 6 – June 26

Tuesdays-Thursdays, July 1 – Aug. 28

#### Course #

6750

6751

## Youth and Adult Programs

### Tai Chi <sup>TT</sup>

Learn this ancient Chinese exercise that uses slow and supple circular movements to develop balance, flexibility and general well-being. Tai Chi is a moving meditation that aids in stress management and promotes improved focus and awareness. A low-impact exercise, it is suitable for young and old alike. Certified instructor John Crouse has taught Yang Family Tai Chi in the Chesterfield area since 1990.

Thursdays, 4:30-5:30 p.m.

Dates		Fee	Course #
Thursdays	May 8-June 26	\$20	6776
Thursdays	July 3-Aug. 28	\$20	6777

## Adult Programs

### Self Defense for Adults <sup>TT</sup>

This basic self defense course is for adults who want to learn to protect themselves. The class focus is on physical conditioning and crime prevention and will teach practical self defense moves. Mr. Otis "Randy" Jones, along with his staff, will be instructing this class. Minimum age is 18.

Tuesdays and Thursdays, 7-8 p.m.

Dates		Fee	Course #
Tuesdays and Thursdays	May 6-June 12	\$30	6784
Tuesdays and Thursdays	June 17-July 17	\$30	6792
Tuesdays and Thursdays	July 22-Aug. 28	\$30	6794

**Registration begins April 28**  
**See page 31 for details.**

**For more details on Bensley activities,**  
**call 275-5321.**

## Special Interest

### Writers' Workshop

Do you have the writing bug? We don't want to cure it, we want to encourage it! Come make new friends, get inspired and learn some secrets of the writing business. Even if you only write for fun, come and join us! This club meets on the last Wednesday of each month. Call Becky Wright at 279-9553 for details.

### Potluck Luncheons

Participants are asked to bring their favorite dish (casserole, salad, fruit or dessert) to share. Don't cook? Not a problem! Just stop by your local market and pick up something to bring to this event. Register up to the day before the luncheon.

#### "An Evening with Neil Simon" TT

Enjoy this special event potluck luncheon with Buren Martin and the Southeastern Theatrical Production Company, with a collection of scenes from Neil Simon's greatest comedies. Participants are asked to bring their favorite dish (casserole, salad, fruit or dessert). Register up to the day before the luncheon.

Wednesday, noon-2 p.m.

Date	Fee	Course #
July 23	\$2	6807

#### "Summertime Kick-Off" Potluck Luncheon TT

Come on out to celebrate the beginning of summer at our luncheon. We will have a grill on site so please bring hotdogs, hamburger meat, or a favorite dish to share and get ready to enjoy sun and fun. Monday, noon-2 p.m.

Date	Fee	Course#
June 2	FREE	6949

### Pinochle Club

Meet new friends while playing pinochle. Bring your lunch and spend some time with us. Beginners need groups of four to learn to play. Program is ongoing.

Wednesdays, 10 a.m.-4 p.m.

**Details:** Hazel Harper, 275-0339

**FREE**

### Games Galore

Play the tabletop game of your choice. New tables are opening for cribbage, UNO, Upwords, Scrabble, Yahtzee and much more.

Program is ongoing.

Wednesdays, 10 a.m.-1:30 p.m.

**Details:** Dennis Barnes, 275-5321

**FREE**

## More Senior Adults Programs

### Social Bridge

This program is for players who have intermediate skills. Players who cancel must find a replacement. Players rotate tables and must preregister one week prior to playing.

Thursdays, 9:30 a.m.-1 p.m.

**Details:** Joyce Wenberg, 275-5842 or Frances Howell, 560-0626

**FREE**

## Arts and Craft Classes

### Fruit Tray TT

Paint apples, strawberries and berries on a serving tray. This is a two-part class. Class is limited to the first 15 registered participants. Instructor is Bobbi Whitlock.

Fridays, May 9 and June 13, 9 a.m.-1 p.m. (both days)

\$30

**Course #6938**

### Topiary Placemat TT

This will be a beautiful placemat with a topiary and an ivy border. Class is limited to the first 15 registered participants. Instructor is Bobbi Whitlock.

Friday, July 11, 9 a.m.-1 p.m.

\$15

**Course #6940**

### Boogie Bunnies TT

What a cute fall project! Two bunnies boogie around a chip wood box with fall leaves floating down. Class is limited to first 15 registered participants. Instructor is Bobbi Whitlock.

Friday, Aug. 8, 9 a.m.-1 p.m.

\$15

**Course #6937**

### Tea Dances for Senior Adults TT

Come dance and listen to the sounds of DJ Gene Carwile at the Bensley Community Building. Enjoy refreshments as you dance the afternoon away. Put on your dancing shoes and bring a friend or two for an afternoon full of music and memories.

Sundays, 2-4 p.m.

Dates	Fee	Course #
June 22	\$3	6755
Aug. 24	\$3	6756

### Find the TT for Touch Tone

**TT** Whenever you see this phone symbol next to a program, it indicates that you can use our easy, Touch Tone Registration process. See page 29 for details.

**Registration begins April 28**  
**See page 31 for details.**

## Senior Fitness and Wellness

### Light & Lively Aerobics 1 <sup>TT</sup>

An aerobic workout that includes exercises and basic steps set to music. This class is designed for seniors who have never taken an aerobic class, have not exercised on a regular basis or need to exercise at a slower pace. Class includes a low impact cardiovascular workout with warm-up and cool down exercises, followed by strength training and stretching. Instructor: Lois Hofstra.

Tuesdays and Thursdays, 9-10 a.m.

Dates	Fee	Course #
Tuesdays May 6 - June 10	\$9	6801
Thursdays May 8 - June 12	\$9	6802
Tuesdays June 17 - July 22	\$9	6803
Thursdays June 19 - July 24	\$9	6804
Tuesdays July 29 - Aug. 26	\$7.50	6805
Thursdays July 31 - Aug. 28	\$7.50	6806

### Light & Lively Aerobics 2 <sup>TT</sup>

This class is designed to increase your heart rate and keep it there. It includes a warm-up exercise, a 30-minute cardiovascular and cool down segment, and followed by 30 minutes of strength training and stretching. Instructor: Lois Hofstra.

Mondays, Wednesdays and Fridays, 9-10 a.m.

Dates	Fee	Course #
Mondays May 5 - June 9	\$7.50	6810
(Not held on Monday, May 26)		
Wednesdays May 7 - June 11	\$9	6811
Fridays May 9 - June 13	\$9	6809
Mondays June 16 - July 21	\$9	6812
Wednesdays June 18 - July 23	\$9	6813
Fridays June 20 - July 25	\$7.50	6814
(Not held on Friday, July 4)		
Mondays July 28 - Aug. 25	\$7.50	6815
Wednesdays July 30 - Aug. 27	\$7.50	6816
Fridays Aug. 1 - Aug. 29	\$7.50	6817

### Blood Pressure Check

Follow Light 'n' Lively Aerobics with a free blood pressure check. A Colonial Heights Convalescent Center nurse will be on site the first Wednesday of each month at 10 a.m. Everyone is welcome. No registration is required.

### Low-Impact Line Dancing <sup>TT</sup>

Learn the latest line dances without all the stomping and spinning. This class is modified to be easier on your knees and you won't get dizzy. No partners required. Sign up now and bring a friend if you like. Instructor is Betty Robinson-Weeks.

Thursdays, 11:30-12:30 p.m.

Dates	Fee	Course #
May 8- June 26	\$30	6782

(Not held on Thursday, May 15)

### Body Toning <sup>TT</sup>

This class combines hand weights and body resistance to tone and strengthen muscles. A relaxing total body stretch will complete each class. Stronger muscles help burn more calories, reduce the risk of osteoporosis, and improve the quality of daily activities. Well-toned muscles will help you look and feel great! This class is for people of all fitness levels. Taught by certified instructors.

Tuesdays and/ or Thursdays, 10:15–11:15 a.m.

Dates	Fee	Course #
Tuesdays May 6 – May 27	\$10	6769
Thursdays May 8 – May 29	\$10	6770
Tuesdays June 3 – June 24	\$10	6771
Thursdays June 5 – June 26	\$10	6772

### Sit and Be Fit/PACE <sup>TT</sup>

Join this long-running program with some new twists! Designed for older adults with limited mobility, this adaptive-movement program is less intense than Light 'n' Lively Aerobics. Stretch, tone and socialize to a variety of upbeat music - all from the comfort of your chair. Elements of PACE (People with Arthritis Can Exercise) are incorporated. Taught by a certified instructor.

Mondays and/or Wednesdays, 10:15-11 a.m.

Dates	Fee	Course #
Mondays May 5 - June 9	\$6.25	6787
(Not held on Monday, May 26)		
Wednesdays May 7 - June 11	\$7.50	6788
Mondays June 16 - July 21	\$7.50	6789
Wednesdays June 18 - July 23	\$7.50	6786
Mondays July 28 - Aug. 25	\$6.25	6790
Wednesdays July 30 - Aug. 27	\$6.25	6791



**For more details on Bensley activities,  
call 275-5321.**

**For more senior programs,  
see pages 6, 10, 19, 20 and 21.**



The Chesterfield County Parks and Recreation Department is excited to offer youths, adults and senior adults a wide variety of activities at the Mayes-Colbert Ettrick Community Building. All the classes, workshops, special events and craft activities are made possible by the cooperative effort of Chesterfield County and a Community Development Block Grant.

**Details:** Center Director, 526-5596.



#### Available for rentals

The Mayes-Colbert Ettrick Community Building, 20400 Laurel Road, Ettrick Park, is rented on a first-come, first-served basis with an hourly charge applied Friday through Saturday. The building is more than 5,000 square feet and contains a kitchen, arts-

crafts room, conference room and a multipurpose room, which can seat 64 people. Smaller rooms are also available for rent.

**Details:** 526-5596.

**Senior-adult programs** are open to those 50 years old and older. Lunch is provided at the Ettrick Community Building to persons 60 years old and over by Senior Connections, an organization that accepts donations to support and expand services. Reservations are required for lunch. Details: Ralph Howes, 526-5596.

## Youths and Teens

### Tough Tots–Little Dragons Karate Club <sup>TT</sup>

Get ready for some kickin' karate, kids style! This program is designed to enhance self-confidence, self-esteem and physical fitness in toddlers 4-6 years old. Under the instruction of Carrie Irving, certified Master Instructor, these tots will learn respect, discipline and stranger danger.

Tuesdays, 6-7 p.m.

Date	Fee	Course #
May 6-June 10	\$18	6705
June 17-July 22	\$18	6706
July 29-Sept. 2	\$18	6707

### Creative Play <sup>TT</sup>

Calling all "mini-Monets" 2-6 years old! Meet us at the Ettrick Community Center as we explore your creative side through games and crafts. Learn cooperative play, develop motor skill and make new friends. Each day will include structured group play along with a craft project. Holiday parties are included to display your work.

May 7, 21; June 4, 18; July 2, 16; Aug. 6, 20

10:30 –11:30 a.m.

\$15

Course #6704

### Kickin' Karate for Kids <sup>TT</sup>

Enroll now in this ongoing program for youths, 7-12 years old. All belt levels are welcome. Under the instruction of Carrie Irving, certified master instructor, students will learn self-defense, safety awareness, self-discipline, respect and how to avoid dangerous situations. There will be opportunities for students to earn achievement rewards such as ribbons, certificates, medals and "Student of the Month." Uniforms may be purchased for an additional fee. Mondays and Wednesdays, 7-8 p.m.

May 5-June 11 (not held May 26)

June 16-July 23

July 28-Sept. 3 (not held Sept. 1)

\$20 per session

Course #6708

Course #6709

Course #6710

### Golf Camp <sup>TT</sup>

Learn to golf like Tiger at one of Chesterfield's premier golf courses, The First Tee. Ettrick's golf camp is for youths, 7-12 years old. Summer golf camp will provide youths of all skill levels and backgrounds the opportunity to learn the fundamentals and experience the sport of golf in a playful and fun atmosphere. The camp will be directed by Sheri Dircks, LPGA Golf Professional. A certificate will be awarded to all finishing participants. Equipment provided. Transportation from the Ettrick Community Building on the morning of each class.

Fridays, 10:30 a.m. (drop-off) – 1 p.m. (pick-up)

July 11, 18, 25; Aug. 1, 8, 15

\$15

Course #6712

### Chill Time

Our game room is open to youths, 11-14 years old, to enjoy games, movies, group projects, arts and crafts and other planned activities. A teen center staff member will be available to interact and supervise youths while in the building. For weekly information and more details, please call 526-5596 or stop by. Parents or guardians must complete a registration form for each participant.

Chill Time is held throughout the school year.

Mondays-Thursdays, throughout the school year, 4-6 p.m.

**FREE**

### Movie Mondays- Ice Cream Social

Save room for the ice cream! Youths, 12-15 years old, can meet us every Monday, from June through August, during summer break to watch movies with friends and enjoy a cool treat. Movies will be posted weekly at the center. 5-7 p.m.

**FREE**

### Find the TT for Touch Tone

**TT** Whenever you see this phone symbol next to a program, it indicates that you can use our easy, Touch Tone Registration process. See page 29 for details.

For more details on Ettrick activities, call 526-5596.

## Youths and Teens

### Teen Registration Night

Summer fun has begun! Come out to the center for an evening filled with music, food and fun! Get your membership ID card and **FREE** giveaway! Our teen center will be in full swing so get ready for a summer to remember. Staff will be available to answer questions and help complete paper work for parents and participants in our summer program.

Thursday, June 19, 6-8 pm

### “The Hideaway”

#### Ettrick’s Summer Youth and Teen Center

It's time to come spend the summer with your friends at our teen center! Stop by to meet the new staff and get ready for a summer filled with trips, activities, programs, games, and much more! Explore your interests and build new ones in our many educational programs and community-service projects. **FREE!** (nominal fee for trips)

Mondays – Thursdays, June-August

Preteens (ages 9-12) 1– 4 p.m.

Teens (ages 13-17) 4:15– 6 p.m.

### Outdoor Adventure Days

Ettrick's teens are on the move this summer as we enjoy a variety of outdoor adventures that are guaranteed to keep them active.

Youths, 9-12 years old, can join other local youths as we venture to the areas coolest outdoor spots. Transportation will be provided to and from the community center. Details: 526-5596.

#### Challenge Course

Tuesday, June 24 and Thursday, June 26

Depart: 9:30 a.m. Return: 1:30 p.m.

Register by: July 23, **FREE**

Participants are asked to bring a lunch.

#### The First Tee

Tuesday, July 15

Depart: 10:30 a.m. Return: 1 p.m.

Register by: July 14, \$5

Sneakers and soft spikes only. Refreshments can be purchased at snack bar.

#### Canoeing on the James

Thursday, July 24

Depart: 9:30 a.m. Return: 2:30 p.m.

Register by: July 21, **FREE**

Bring towel, suit, and sunscreen and a lunch.

#### Petersburg National Battlefield

Wednesday, Aug. 6

Depart: 10 a.m. Return: 1:30 p.m.

Register by: Aug. 4, **FREE**

Participants are asked to bring a lunch.

#### Swimming at Pocahontas

Monday, Aug. 11

Depart: 12:30 p.m. Return: 5:30 p.m.

Register by: Aug. 7, \$5

Bring towel, suit, sunscreen and a lunch.

### Back to School Jam

Mark the date on your calendar and get ready for the event of the summer. Dance the night away as the D.J. spins your favorite tunes at this bash. There will be light refreshments, photos for your scrapbook and lots of giveaways. Tickets go on sale Monday, July 28. Buy yours early! The dance is open to the first 80 teens!

Friday, Aug. 22, 6:30 – 9 p.m.

\$5

### Youth and Adult Special Interest Expressive Movement

This exercise class will focus on stretching and toning for persons with disabilities. Participants will benefit from a cardiovascular workout that is fun and innovative.

Mondays, 11:30 a.m. - noon

**FREE**

### Creative Bits and Pieces

Get crafty during this specially designed art program for people with disabilities. This program will include painting and crafts designed to increase creativity. Space is limited. please call a week in advance to register.

Third Wednesday of each month, 11:30 a.m. - 12:30 p.m.

**FREE**

### Neighborhood Bash

Come to Ettrick Park for an afternoon filled with live music, games, arts and crafts, entertainment, program demonstrations, giveaways, food and lots more! Get out of the house, bring your neighbors and have fun in your community. Tickets will go on sale at the Ettrick Community Center starting Monday, June 2.

Date	Fee	Course #
Saturday, June 28, noon - 3 p.m.	\$1	6748

### Broadway Nights, Broadway Lights <sup>TT</sup>

Join Cheri Amour Productions this summer as the top-notch duo of professional vocalists takes you on a trip down “The Great White Way.” The group will present a fun-filled, elegant and delightful afternoon of Broadway’s classic hits from yesterday to today. You will not want to miss this exciting production featuring tunes from your favorite Broadway shows such as “Hello Dolly,” “Phantom of the Opera,” “My Fair Lady,” “South Pacific,” “Showboat,” “Cats,” “West Side Story,” “Oklahoma,” and “Annie Get Your Gun.”

Date	Fee	Course #
Tuesday, July 1, 11 a.m.-1p.m.	\$3	6739

## Adults

### Cardio Aerobics <sup>TT</sup>

Jab, punch, shuffle, kick and duck your way to fitness! If you are looking for a class that will combine cardiovascular fitness, strength training, endurance training and flexibility improvement- THIS IS THE CLASS IS FOR YOU!

Mondays and Wednesdays, 5:45 - 6:45 p.m.

Date	Fee	Course #
May 5- June 11(no class May 26)	\$27.50	6713
June 16-July 23	\$30	6714
July 28-Sept. 3 (no class Sept. 1)	\$27.50	6715

## Creative Crafters

### Springtime Mailbox <sup>TT</sup>

Paint a beautiful burst of spring flowers on a mailbox.

Saturday, May 17

Course #6749

Saturday, June 21, 9 a.m.-1p.m.

Course #6752

### Tweed Snowman <sup>TT</sup>

Discover a new painting technique that is amazingly simple!

Saturday, July 19

Course #6753

### Brick Barn Doorstop <sup>TT</sup>

Turn an ordinary brick into a beautiful, scenic red barn doorstop.

Saturday, Aug. 16

Course #6754

## Senior Adults Fitness and Wellness

### Aerobics <sup>TT</sup>

Stay in shape with Susan Milazzo while moving and stretching to your favorite tunes. This low-impact class will concentrate on stretching, warm up, cardiovascular fitness, muscle toning and cool down. Ongoing classes.

Tuesdays and Thursdays, 9 - 10 a.m.

May 6- June 12	\$30	Course #6716
June 17-July 24	\$30	Course #6717
July 29-Sept. 4	\$30	Course #6718

### Super Senior Sittercise! <sup>TT</sup>

Explore lyrical movement, low-impact stretching and rhythmic patterns. This adaptive-movement program will be done from a seated position. A certified aerobic instructor will lead each class.

**FREE**

Tuesdays and Thursdays, 10:30 - 11:30 a.m.

May 6-June 12

Course #6719

June 17-July 24 (no class July 1)

Course #6720

July 29-Sept. 4

Course #6721

## Blood Pressure Checks

Stay in touch with your blood pressure each month. Mary Lou Earnhart from the Colonial Heights Convalescent Center will be on site monthly. No registration required. On-going program. Third Tuesday of each month, 10 -10:30 a.m.

**FREE**

## Senior Adults Special Interest Watercolor

These watercolor workshops are designed to spark your interest in the magnificent art of watercolor. Participants will learn the basic techniques and principles of designing beautiful watercolor paintings. Each participant will learn at his or her own pace. Students are asked to bring their own watercolor paper. Preregistration is required.

Thursdays, May 29, June 26, July 24, Aug. 21, 9:45 a.m.-10:30 a.m.

Course # 6736

**FREE**

## Friendship Cafe

Lunch and activities are provided to people 60 years old and older by Senior Connections (formerly the Capital Area Agency on Aging) Reservations are required for lunch, so please call ahead.

Transportation provided through the agency.

(Donations are accepted to support and expand services to seniors.)

Tuesdays - Thursdays, 9:30 a.m. - 12:30 p.m.

Details: Ralph Howes, 526-5596

**FREE**

## Big Slammers Bridge Club

Meet every Monday for an exciting game of duplicate bridge.

Beginners are welcome for this ongoing program.

Mondays, 12:30 - 5 p.m.

Details: Dr. Jimmie Battle, 526-7761

**FREE**



**For more details on Ettrick activities,  
call 526-5596.**



## Bushkin-Kan, Inc.

Improve your fitness level, coordination and confidence. Students will learn self-defense while increasing their stamina, flexibility and coordination. This ongoing program also teaches skills in conflict management and self-discipline while promoting personal responsibility and a "can-do" attitude. Classes follow classical martial arts methods and structure. Open to teens and adults. Registration and payment are made on-site. New students are welcome. Mondays and Wednesdays, 6:30-8:30 p.m.  
Falling Creek Elementary School, 4800 Hopkins Road  
Details: Barry Edelman, 647-2101

## Virginia Boat Club

This co-sponsored group provides recreational and competitive rowing to the community and high school students. Eight-man and four-man sweep rowing instruction.  
Details: Henry Holswade, 320-2984

## Fencing

Join the Chester Knights Fencing Club. Lessons are taught by experienced instructor Karl Przystawik. Several students have won state and national awards. Continuous classes until end of school year. Minimum age is 8. Mondays, 6:30 - 8:30 p.m.  
Salem Church Middle School, 9700 Salem Church Road  
Details: Karl Przystawik, 275-0539

## Co-sponsored Baton Twirling

Learn the skill of baton twirling and make new friends while benefiting from physical fitness and exercise. Recreational and competitive baton twirling for youths, 5-18 years old, beginner through advanced levels will be taught. Training is available for parades, high school majorettes, or competitive solos.

### Virginia Batonettes

Details: Jean Campbell, 784-2318

### Royalettes Baton Corps

Details: Diane Gunnels, 231-6143

## "Family Night Out" <sup>TT</sup>

Come be part of this new program as we attend a Richmond Speed arena football game. The ticket price includes transportation to the game and a corner section seat. Details: Mark Pinney, 748-1992

Date	Fee	Course #
Saturday, June 14, 5:45-10:30 p.m.	\$12 per person	6733

Depart: Chesterfield County Government Center

## Athletes in Motion (AIM USA)

Athletes in Motion is a co-sponsored organization dedicated to providing affordable, quality programs for youths 4-15 years old. The self-defense/safety-awareness program is taught by certified black belt instructors. Cheerleading prep teaches youths cheers, chants, gymnastics and partner stunts. Registration and payment are made on site. Weekly classes will take place throughout the county until the end of school year. Details: Jim or Susan Johnson, 323-5985

## Dance

Beginner and experienced dance couples may learn new steps and meet new friends at any of the following dance groups cosponsored by the Chesterfield Parks and Recreation Department:

### Ballroom Dancing

Beginner and experienced dance couples can learn new steps and meet new friends at the Sophisticats Ballroom Dance Club as they "trip the night fantastic" on the second Friday of each month at Robious Elementary School.  
Details: Shirley K. Callahan, 320-2882

### Dance Clinic <sup>TT</sup>

Do you know how to dance and lead cheers? Would you like to learn more? The Parks and Recreation Department has teamed up with the Richmond Speed Arena Football Dance Team for a dance clinic. Participants will receive a t-shirt and game ticket and will dance at halftime at the Richmond Speed arena football game at the Richmond Coliseum. Must be 5 years old or older to participate.

Details: Mark Pinney, 748-1992

Date	Fee	Course #
Saturday, June 7, 10 a.m.-2 p.m.	\$25	6734

Bensley Community Building, 2900 Drewry's Bluff Road  
Game: Saturday, June 14, 7 p.m.

Date	Fee	Course #
Saturday, July 12, 10 a.m.-2 p.m.	\$25	6735

Chesterfield County Exhibition Hall, 10300 Courthouse Road  
Game: Friday, July 18, 8 p.m.

## Chesterfield County Choral Society

This co-sponsored group is seeking new members to become a part of their musical organization. The Chesterfield County Choral Society performs for a variety of area musical events. No audition required, people of all skill levels welcome. Minimum age is 16. Tuesdays, 7:30 - 9:30 p.m.

New Covenant Presbyterian Church, 6415 Irongate Drive

Details: Richard Ferramosca, 639-2540

## Chesterfield Community Band

Since the fall of 1997, the co-sponsored Chesterfield Community Band has played fine concert music for the residents of the county. This 40-piece, all volunteer band includes a mix of people and professions. From local business owners to retirees, teachers to students 16 years old and older, all are welcome to share the enjoyment of making music. If you are a former band member (even a little on the rusty side) and are interested in becoming a member of this group, call for more information or visit our Web site at [www.ccband.org](http://www.ccband.org).

Mondays, 7-9 p.m.

The Brandermill Church, 4500 Millridge Parkway

Details: Bobby Coghill, 213-9118

## Arts and Crafts

### Flowerpot <sup>TT</sup>

Betty Sampsell will be teaching a step-by-step technique used in painting tulips on a flowerpot. This will be a good painting project for beginners, but will serve more advanced students as well. Class size is limited to the first 15 registered participants, so register early. Central Library, Lori Road

Date	Fee	Course #
Saturday, May 24, 10 a.m.-2 p.m.	\$25	6747
Details: Mark Pinney, 748-1992		

### Stepping Stone <sup>TT</sup>

Come paint a beautiful lighthouse on a stepping stone. Class is limited to the first 15 registered participants. Instructor is Bobbi Whitlock. Central Library, Lori Road

Date	Fee	Course #
Saturday June 28, 10 a.m.-2 p.m.	\$25	6744
Details: Mark Pinney, 748-1992		

### Let's Go to the Fair!

The 90th Annual Chesterfield County Fair is a fun place to be in '03. Activities include live music, midway rides, arts and crafts, exhibits, petting zoo, pig races and more. Aug. 22-31

Adult admission \$6	Children (6-12) \$3
Seniors (60+) \$3	Children (5 and under) Free
Details: 275-9494	

## Teach A Child To Fish Clinic

A fun filled day of fishing for children 6-14 years old. Parental supervision is required. Cosponsored by the Chesterfield County Parks and Recreation Department and the Virginia Department of Conservation and Recreation. Instruction will be by the members of the Old Dominion Bass Masters Region 3. Fishing poles will be provided by VDGIF.

Pocahontas State Park  
Saturday, June 7, 2 - 5 p.m.

**FREE** (parking fee)  
Details: Dave Caras, 748-1132



## Fitness and Wellness

### Tai Chi 2 and 3 <sup>TT</sup>

Practice this centuries-old Chinese exercise for health and stress management. Yang style Tai Chi is taught. Minimum age is 17. (Tai Chi 2 and 3 are for continuing students only and will be held simultaneously at the same location. Beginning Tai Chi will be offered in September). Register at least one week before each course.

\$50 per course

Details: Jackie Maclin, 748-1123

#### Mondays, May 5-July 28 (not held 5/26)

Tai Chi 2	Course #6826
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Tai Chi 3	Course #6830
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First half of both Tai Chi 2 and Tai Chi 3 will be held at 7:45-9 p.m. at Curtis Elementary School, 3600 W. Hundred Road. The second half of both Tai Chi 2 and Tai Chi 3 will be held 6:30-9 p.m. at Meadowdale Library, 4301 Meadowdale Boulevard.

#### Thursdays, May 1-July 17

Tai Chi 2	Course #6827
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Tai Chi 3	Course #6831
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First half of both Tai Chi 2 and Tai Chi 3 will be held at 7:45-9 p.m. at Curtis Elementary School, 3600 W. Hundred Road. The second half of both Tai Chi 2 and Tai Chi 3 will be held 6:30-9 p.m. at Meadowdale Library, 4301 Meadowdale Boulevard.

#### Mondays, Aug. 4-Oct. 27 (not held 9/1)

Tai Chi 2	Course #6824
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Tai Chi 3	Course #6828
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First half of both Tai Chi 2 and Tai Chi 3 will be held at 6:30-9 p.m. at Meadowdale Library, 4301 Meadowdale Boulevard. The second half of both Tai Chi 2 and Tai Chi 3 will be held 6:30-9 p.m. at Curtis Elementary School, 3600 W. Hundred Road.

#### Thursdays, July 24-Oct. 9

Tai Chi 2	Course #6825
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Tai Chi 3	Course #6829
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First half of both Tai Chi 2 and Tai Chi 3 will be held at 6:30-9 p.m. at Meadowdale Library, 4301 Meadowdale Boulevard. The second half of both Tai Chi 2 and Tai Chi 3 will be held 6:30-9 p.m. at Curtis Elementary School, 3600 W. Hundred Road.

### Find the TT for Touch Tone

**TT** Whenever you see this phone symbol next to a program, it indicates that you can use our easy, Touch Tone Registration process. See page 29 for details.

## Vinyasa Flow Yoga <sup>TT</sup>

Appropriate for both newcomers and experienced practitioners, this moderately paced class emphasizes continuous breath through movement, sun salutations, Hatha Yoga postures and relaxation techniques. Become stronger and more flexible, calm and centered while working in a group setting with individualized attention. Wear comfortable clothing and bring a “sticky” yoga mat. Minimum age is 15.

Mondays, 6:45-8 p.m.

Chester Library, 11800 Centre Street

April 28-June 23 (not held 5/5, 5/26, 6/2)

**Course #6819**

June 30-Aug. 18 (not held 7/7, 8/4)

**Course #6818**

\$60 per course

Details: Jackie Maclin, 748-1123

## Hatha Yoga

Taught by Nora Solar Pozzi, a registered trainer and therapist. Special courses may be organized for groups of all ages and abilities. Bring a blanket/mat. Avoid a heavy meal before course. Register one week before course.

Details: Charles Hester, 748-1130

## **NEW!** Introduction to Hatha Yoga

This workshop is for participants interested in getting detailed information regarding this ancient discipline.

Bon Air Elementary School, 8791 Polk Street

Tuesday, May 7, 6:30-8 p.m.

\$15

**Course #6909**

## Beginner Hatha Yoga <sup>TT</sup>

Learn this ancient discipline at your own pace and level of comfort, with dedicated and caring attention, for physical, mental and emotional benefits. Understand the philosophy beyond yoga, yet increase flexibility, endurance, strength, circulation and lung capacity while increasing your concentration, memory, awareness and peace of mind.

\$54 per course

**Bon Air United Methodist Church, 1645 Buford Road**

Tuesdays, May 6-June 10, 1:15-2:30 p.m.

**Course #6905**

**Bon Air Elementary School, 8701 Polk Street**

Wednesdays, May 14-June 11, 6-7:30 p.m.

**Course #6903**

**J.B. Watkins Elementary School, 501 Coalfield Road**

Tuesdays, May 6-June 10, 7:45-9 p.m.

**Course #6904**

**Bon Air Library, 9103 Rattlesnake Road**

Tuesdays, July 22-August 26, 7:45-9 p.m.

**Course #6961**

## Continuing Hatha Yoga <sup>TT</sup>

This course will include more breathing and meditation, sharing the power of yoga as it is incorporated into our everyday lives. There is a deeper exploration of the current poses, while adding new ones.

\$60 per course

**J. B. Watkins Elementary School, 501 Coalfield Road**

Tuesdays, May 6-June 10, 6-7:30 p.m.

**Course #6906**

**Bon Air Library, 9103 Rattlesnake Road**

Tuesdays, July 22-August 26, 6-7:30 p.m.

**Course #6907**

## Power Yoga <sup>TT</sup>

This dynamic total workout is friendly, physically based style of yoga that can improve strength, endurance, concentration and flexibility. Debbie Cassidy, certified yoga instructor, will help you combine postures, stretching and breathing. Wear loose clothing and bring a mat and towel. Minimum age is 15.

Chester Library, 11800 Centre St.

Wednesdays, 6:45-8 p.m.

May 7-June 25 (not held 5/21, 6/18 )

**Course #6822**

July 9-Aug. 27 (not held 7/23, 8/20)

**Course #6821**

\$60 per course

Register at least one week before each course.

Details: Jackie Maclin, 748-1123

## Tae Bo <sup>TT</sup>

Certified Tae Bo instructor Toni Piper combines the self-awareness and control of martial arts, the focus and strength of boxing, and the grace of rhythm and dance.

Tuesdays, June 2-July 14, 6-7 p.m. (not held 6/30)

Central Library, Lori Road, Rooms A and B

\$30

**Course #6731**

Details: Mark Pinney, 748-1992

## Strength Training Strategies for Women <sup>TT</sup>

Create your own strength-training program focusing on six major muscle groups and stability in the torso area. Taught by Mindy Conklin, certified personal trainer. Bring water, towel and personal weights. Register one week before activity.

Thursdays, June 19-July 24, 6-7 p.m.

**Course #6910**

\$50

Details: Charles Hester, 748-1130

**Registration begins April 28**  
**See page 31 for details.**



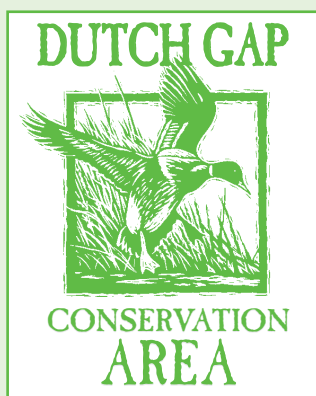
## Dutch Gap Conservation Area

The 809-acre conservation area features an active great blue heron rookery, tidal and non-tidal marshes, fresh water ponds, open fields, a tidal lagoon, trails for hiking and biking and scenic areas for fishing.

**Details:** Noel Losen, 748-1129, or Mark Battista, 706-9690

**Hours:** 8 a.m. to 30 minutes after sunset year round.

**Directions:** From I-95 take exit 61 (Route 10, Hopewell) east to first traffic signal. Turn left onto Old Stage Road (Route 732), travel two miles to stop sign at Coxendale and follow to park entrance on right, Henricus Park Road.



## Pontoon Boat Tours

Embark on the pontoon boat to explore the James River and conservation areas. All trips are limited to only five participants, so enroll early. Fee includes interpretive guide and binoculars. Minimum weight is 50 pounds. An adult must accompany children 14 years old or younger. All programs meet at Henricus Visitor Center. \$7/person Register at least one week before program.

Details: Mark Battista, 706-9690



### Wildlife on the James

Start in the tidal lagoon at the Dutch Gap Conservation Area, then cruise downriver to the new Brown & Williamson Conservation Area. Scan the riverbank for waders and other water birds, and the bluffs for bald eagles and osprey.

Saturday, June 14, 6-8 p.m.

**Course #6967**

Saturday, Aug. 2, 7-9 a.m.

**Course #6968**

Details: Mark Battista, 706-9690

### Land and Water Safari

Embark on two-part program that takes you by foot and pontoon boat to explore the ecology and history of Dutch Gap Conservation Area.

Saturday, July 19, 8-10 a.m.

**Course #6969**

Saturday, Aug. 16, 6:30-8:30 p.m.

**Course #6970**

Details: Mark Battista, 706-9690

## Lunch Time Journeys

Enjoy your lunch at the Dutch Gap Conservation Area/Henricus Historical Park, then join a naturalist for an after-lunch program to explore the secrets of the forest, wetlands, or river. All programs are \$3/child (parents attend free) and begin at 1 p.m. at the Education Center. Programs are about 60-90 minutes in length. Unless noted, all programs are for children 5 - 12 years of age. Register at least one week before course.

Details: Mark Battista, 706-9690

### June 19 - Lagoon Boat Tour

Take a cruise to discover the Tidal Lagoon. Discover wildlife that lives in the lagoon and visit the "graveyard".

**NOTE:** Children must weigh at least 50 pounds to register for this trip.

**Course #6971**

### July 3 - Wildlife Detectives

Are you a wildlife detective? Sleuth along the boardwalk and find artifacts and other clues to help you guess the identity of some wetland creatures. For ages 9-12.

**Course #6972**

### July 17 - Creatures from the Deep

What lurks at the bottom of swamps and marshes? Use dip nets and buckets to collect underwater critters. See some strange and fascinating creatures through our video microscope.

**Course #6973**

### **NEW!** July 31 - I Dig Owl Pellets

Whooo knows what an owl pellet is? What's inside an owl pellet? Join a naturalist and dig into owl pellets to find out whooo was lunch!

**Course #6974**

### Aug. 7 - Cypress Grove Hike

Cram in the van and take a short ride to the Cypress Grove. Next, take an enchanting walk that teeters between the river and the swamp. Find cypress knees, osprey, dragonflies and other wonders of the Cypress Grove.

**Course #6975**

### Aug. 14 - Lagoon Boat Tour

Didn't get a chance to take the earlier tour? Then sign up for this cruise to discover the tidal lagoon. See wildlife that lives in the lagoon and visit the "graveyard." **NOTE:** Children must weigh at least 50 pounds to register for this trip.

**Course #6976**

**For more Nature Programs  
see pages 15 and 16**

## Find the TT for Touch Tone

**TT** Whenever you see this phone symbol next to a program, it indicates that you can use our easy, Touch Tone Registration process. See page 29 for details.

## Tidewater Paddling Explorations

Join the staff of naturalists to paddle and explore the natural and cultural history of Virginia's Tidewater region. Suitable for all skill levels. Includes transportation, canoes/kayaks, equipment and guides. Unless noted, minimum age limit is 10. An adult must accompany children 10-14 years old.

Details: Mark Battista, 706-9690

### Wetlands Paddle

Start at the peninsula in the Dutch Gap Conservation Area and paddle across the tidal lagoon and down the oxbow. Next, paddle with the high tide into the tidal marsh. Search for osprey, herons, and egrets. Observe pickerelweed, swamp rose and American lotus. Paddling time is approximately two hours

Saturday, May 17, 5-8 p.m.

Depart: Henricus Park Visitor Center

\$15 **Course #6977**

Register by: May 12

### Back Bay Wilderness Paddle

Paddle into the wilderness-like environment of the Back Bay National Wildlife Refuge, home to a variety of species, such as raccoons, minks, muskrats and bald eagles. Paddle through a swamp environment, marsh and expansive Back Bay. Common wildlife encounters include osprey, kingfisher, herons, basking turtles and snakes. Paddling time is approximately three hours.

Saturday, June 7, 7:30 a.m.-6 p.m. \$48 **Course #6978**

Depart: Parks and Recreation Maintenance Center

Register by: May 29

### Summer Solstice Paddle

Welcome the first day of summer by paddling in the Dutch Gap Conservation Area. Visit the "graveyard," islands, and the "labyrinth." Search for great blue herons, bald eagles, osprey and other denizens of the tidal lagoon. Paddling time is approximately two hours.

Saturday, June 21, 9 a.m.-noon \$15 **Course #6979**

Depart: Meet at Henricus Park Visitor Center

Register by: June 16

### Lighthouse and Island Tour

Start to paddle from a quaint Mathews County fishing village. Stop at a sandy island for lunch and exploration, then continue to New Point Comfort Lighthouse on the Chesapeake Bay. Expect to view dolphins, marine birds and more. Paddling time is approximately three hours.

Saturday, July 12, 7:30 a.m.-5 p.m. \$45 **Course #6980**

Saturday, Aug. 9, 7:30 a.m.-5 p.m. \$45 **Course #6981**

Depart: Parks and Recreation Maintenance Center

Register at least two weeks before course.

### Dolphin Paddle

Head down to Sandbridge on the Atlantic Ocean to paddle with dolphins. Use tandem sit-on-top, easy-to-use kayaks. Observe and learn about dolphins and other marine creatures. In the event of strong winds and/or high surf, the trip will be relocated to Back Bay.

Minimum age is 12. Paddling time is approximately three hours.

Saturday, July 26, 7:30 a.m.-6 p.m. \$48 **Course #6982**

Depart: Parks and Recreation Maintenance Center

Register by: July 18

### Evening Paddle

Paddle into the twilight hours of the Dutch Gap Conservation Area to search for beavers, great blue herons and other denizens of the tidal lagoon and oxbow. Paddling time is approximately two hours.

Saturday, Aug. 30, 5-8 p.m. \$15 **Course #6983**

Depart: Henricus Park Visitor Center

Register by: Aug. 25

### Sunset Paddle

Paddle and ride with the high tide to explore the tidal lagoon at the Dutch Gap Conservation Area. Paddle into the "graveyard," through the wetlands and into the "labyrinth." Find out how the lagoon was created, discover where the cypress trees grow, and learn about wildlife. Paddling time is approximately two hours.

Saturday, Sept. 27, 5-8 p.m. \$15 **Course #6984**

Depart: Meet at Henricus Park Visitor Center

Register by: Sept. 22

## Parent and Child Paddling Explorations

Attention Moms and Dads: Bring your kids (minimum age is 8) to the Dutch Gap Conservation Area to experience paddling. Canoes and sit-on-top kayaks are available. This program will review basic paddling skills and give you a chance to paddle and explore the tidal lagoon. An adult must accompany each child, and participate. Paddling time is approximately 90 minutes. All programs meet at Henricus Visitor Center.

\$7/person Register at least one week before program.

Details: Mark Battista, 706-9690

### Ghost Fleet Paddle

Paddle to an old sunken tugboat and the "skeletons" of wooden barges.

Wednesday, July 2, 12:30-3 p.m.

**Course #6985**

Friday, Aug. 22, 8-10:30 a.m.

**Course #6986**

### Island Paddle

Visit the various islands in the lagoon. What do the islands reveal about the history and wildlife?

Friday, July 18, 8-10:30 a.m.

**Course #6987**

Monday, Aug. 4, 8-10:30 a.m.

**Course #6988**

### Wetlands Discovery Paddle

Start at the peninsula, then paddle across the lagoon and into the tidal wetlands. Discover the purple of pickerelweed and the giant leaves of American lotus.

Monday, July 28, 4-6:30 p.m.

**Course #6989**

## Rockwood Nature Center

Come visit our live snake and turtle exhibit and explore the forest, pond, marsh and swamp. Listen for the banjo call of green frogs or the deep voice of a bullfrog living in the Gotwals Memorial Pond. Visit our Children's Corner and learn about the plants and animals that live in the park.

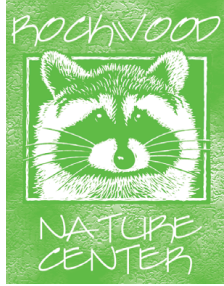
**Location:** Rockwood Park, 3401 Courthouse Road

**Hours:** April - October: Saturday and Sunday, noon – 5 p.m.  
June 21 – Aug. 31: Thursday and Friday, 1 – 5 p.m.

**Volunteers for Nature:** Adults and teens needed to staff the Nature Center, monitor trails and assist with programs and special events.

**Details:** 745-7020

**Attention Educators:** Come experience Rockwood Nature Center's many educational programs designed to correspond with science SOLs. Details: Judy Brown, 745-7020



## Lunchtime Journeys

These nature-based programs are for children, 6-12 years old. Register at least one week before the start of each program.

Thursdays, 1:30-2:30 p.m.

\$2 per child

Details: Mike Steen, 751-4946

### Thursday, June 19 - Pieces Parts

Why are animals shaped the way they are? What happens when we mix the pieces together? Become a mad scientist for a day and explore the world of animals.

**Course #6995**

### Thursday, June 26 - Creatures From The Deep

Take a hands-on tour of creatures lurking at the bottom of ponds and lakes. Use a microscope for a close-up look!

**Course #6996**

### Thursday, July 3 - Water Works

Water, water everywhere ... but where does it come from and what can it do? Join us for an exploration of the water cycle and the erosion it creates.

**Course #6997**

### Thursday, July 17 - Raccoon Prowl

What does a young raccoon do when it gets up in the morning? Does it eat cereal and run out to play? Put on your ringed tail and mask and explore the world of the raccoon.

**Course #6998**

### Thursday, July 24 - Web Spinners

Welcome to my parlor ... a sticky welcome mat for anyone just happening by. Bugs, birds and anything else that get too close to our homes belong to us. Come join us in the spider web.

**Course #6999**

### Thursday, July 31 - Frogs R Us

Where does a frog live and why did he buy his house there? Help us to explore the world of frogs and their neighbors.

**Course #7000**

### Thursday, Aug. 7 - Pond Water Soup

Yum! What a delicious soup Mother Nature has served up for us. Learn what's really in water and how it got there.

**Course #7001**

### Thursday, Aug. 14 - Turtle Power

Home is where your shell is. What types of turtles live in Rockwood Park? What do they eat? How can we help them survive in the wild?

**Course #7002**

### Thursday, Aug. 21 - Tree-mendous Tour

What's it like to be a tree? How do they eat and drink? Do they go for hikes? Join us on an exploration of the shady world of the trees.

**Course #7003**

**To register call 748-1623 or see page 31.**



## Friends of Chesterfield's Riverfront

For more information about Friends, and to register for the programs below, call 796-6091 or e-mail to [riverfronts@earthlink.net](mailto:riverfronts@earthlink.net).

### Dutch Gap River Tour

Learn about the role that the James River played in the Civil War. The tour will highlight the building of the Dutch Gap Canal and the Confederate Navy's final attempt to break through Union lines at the battle of Trents Reach. Sponsored by Friends of Chesterfield's Riverfront with the James River Fishing School. Saturday, May 24, 9:30, 11a.m. and 12:30 p.m.  
\$15

### James River Cleanup

This is a cooperative, regional river cleanup planned for 42-miles along the James River Call 717-6688 for more information about how you can become involved in the part of the river nearest you. Saturday, June 14, 9 a.m. – 1 p.m.

### African American Storytelling on the Bluff

Enjoy African American Storytelling on the bluff at Henricus Historical Park overlooking the James. This is a fun, educational, family activity. This program is part of the James River Advisory Council's African Americans and the River Series, sponsored by James River Advisory Council and Friends of Chesterfield's Riverfront.

Saturday, July 19, 10 - 11 a.m.

Meet at Henricus Historical Park Visitors Center

**FREE**



## Chesterfield Challenge Course

Bring your group, organization, company, class, office or scout troop to the Challenge Course. The course consists of low and high elements designed to promote initiative and confidence and strengthen group dynamics, communication and willingness to work together.

Details: Greg Velzy,  
748-1124



## Learn to Rock Climb

Instruction covers equipment, safety and climbing techniques. The evening session will be an introductory ground school held at Rockwood Park Nature Center, 6:30-9 p.m. The climbing trip will be to Great Falls on the Potomac, 6 a.m. - 5 p.m.

Fee includes transportation, instruction, equipment and climbing shoes. Minimum age is 13.

Ground School: Thursday, May 15

Sunday, May 18

\$49

Course #6543

## Intermediate Rock Climbing Trips <sup>TT</sup>

Rock climbing day trips to some of the regions best sites. Destination options are Goshen Pass, Hidden Rocks and Great Falls on the Potomac. Fee includes transportation, instruction, equipment and climbing shoes. Previous rock climbing experience required. Minimum age 13.

Meet: Stony Point Shopping Center, 6 a.m. - 6 p.m

Saturday, June 7 \$39

Course #6847

Sunday, Aug. 10 \$39

Course #6848

## After Work "Climb Time!" <sup>TT</sup>

Equipment is provided and ropes are set. Instructors supervise, give pointers and answer questions. Previous rock climbing experience required. Minimum age is 13. \$9 per session

Meet: Manchester Wall, 6 - 8:30 p.m.

Tuesday, May 6

Course #6544

Tuesday, May 20

Course #6545

Tuesday, June 3

Course #6546

Tuesday, June 17

Course #6547

Tuesday, July 1

Course #6841

Tuesday, July 15

Course #6842

Tuesday, Aug. 5

Course #6843

Tuesday, Aug. 19

Course #6844

Tuesday, Sept. 2

Course #6845

Tuesday, Sept. 16

Course #6846

## Beginner Freshwater Fishing

Participants will learn to identify different types of fish, cast, read local waters, tie knots, rig and select artificial lures. Class meets twice — a two-hour evening session, then a daytime fishing session. All equipment provided. A valid fishing license is required for participants over 16 years old for the Saturday session.

Minimum age is 8. \$25/adult; \$15/youths under 14 years old.

Class: Tuesday, May 7; 6:30-8:30 p.m. (Parks and Recreation Conference room)

Trip: Saturday, May 11; 8 a.m.-1 p.m.

Course #6541

## Learn to Canoe

This introduction to basic canoeing is held on flat water for lake and pond canoeists and is recommended for those interested in paddling on moving water. Fee includes all equipment. Swimming ability required. Minimum age is 11 (youths 11-14 years old must take course with actively participating adult)

Meet: Henricus Historical Park Visitors Center, 9 a.m.- 4 p.m

Saturday, May 3

Course #6562

\$40 (youths 11-14 years old, \$20)

## Intro to River Canoeing - Level 1

This introduction to river canoeing teaches proper strokes and how to use the current to your advantage. Rental is per person and includes all equipment. Swimming ability AND previous canoeing experience required! Minimum age is 11 (youths 11-14 years old must take course with actively participating adult)

Meet: Huguenot Woods, James River Park System, 9 a.m. - 4 p.m.

Sunday, June 22

Course #6849

Saturday, July 12

Course #6850

\$35 (youths 11-14 years old, \$20), rental fee is \$5

## River Canoeing Trip - Level 2 (Whitewater)

This trip is for the canoeist who has taken the "Intro to River Canoeing" class and is interested in learning the skills required for paddling in whitewater. The trip will be run in a clinic format with specific skills and drills introduced. Rental is per person and includes all equipment. Swimming ability required.

Prerequisite, "Intro to River Canoeing - Level 1"

Minimum age is 11 (youths 11-14 years old must take course with actively participating adult)

Meet: Reedy Creek, James River Park System, 9 a.m. - 4 p.m

Sunday, Aug. 17

Course #6851

\$35 (youths 11-14 years old, \$20), rental fee is \$5

## River Rescue <sup>TT</sup>

Learn vital river-rescue skills, including self-rescue, throw bags/ropes and boat pins/z-drag setups. Swimming and paddling ability required. Helmets and life jackets available upon request. Minimum age is 13.

Meet: TBA, James River Park System, 9 a.m.-5 p.m.

Saturday and Sunday, Aug. 2-3

\$40

Course #6872

For details on programs on this page,  
call Greg Velzy 748-1124.

## Beginner Whitewater Kayaking

Spend the first day on flat water learning kayak safety, technique and control. Day two is a whitewater river trip to introduce river reading/running and refine the skills from the first day. Rental includes kayak, paddle, spray skirt, life jacket and helmet.

Swimming ability required. Minimum age is 13.

Huguenot Woods, James River Park System

Saturday and Sunday; 9 a.m. - 5 p.m. each day

May 3 - 4 **Course #6548** July 26-27 **Course #6855**

June 7-8 **Course #6852** Aug. 16 - 17 **Course #6856**

June 28 - 29 **Course #6853** Sept. 6 - 7 **Course #6857**

July 12 - 13 **Course #6854**

\$87 (\$99 with rental)

## Beginner Whitewater Kayaking

The same course as our Saturday/Sunday format, but spread over two Saturdays for those that have Sunday obligations or just want to rest between days. See the above description of Beginner Whitewater Kayaking for information.

Saturdays, May 24 and 31 \$87 (\$99 with rental) **Course #6858**

## Intermediate Whitewater Kayaking - Level 1

The "Level 1" clinic is designed to be the next step after the beginner class, or is for those who haven't been in their kayaks recently. Run in a trip format, it covers stroke techniques, eddy turns, surfing and confidence-building tips. Rental includes kayak, paddle, spray skirt, personal floatation device and helmet. Previous two-day whitewater kayak class required. Minimum age is 13.

**Meet:** Reedy Creek, James River Park System, 9 a.m. - 4 p.m.

Saturday, May 10 \$43 (\$49 with rental) **Course #6555**

Sunday, June 15 \$43 (\$49 with rental) **Course #6859**

Sunday, Aug. 3 \$43 (\$49 with rental) **Course #6860**

## Intermediate Whitewater Kayaking- Level 2

The "Level 2" clinic is for the more advanced intermediate kayaker. Run in a trip format, it will focus on the techniques and drills needed to take you to the next level of paddling. Skills to be covered include precision paddle strokes, crisp eddy turns and play boating. Participants should have experience on class III or higher rapids. Previous formal instruction is required: "Level 1" clinic suggested. Minimum age is 13.

**Meet:** Reedy Creek, James River Park System, 9 a.m. - 4 p.m.

Saturday, July 5 \$43 (\$49 with rental) **Course #6861**

Saturday, Sept. 13 \$43 (\$49 with rental) **Course #6862**

## SPECIAL! Potomac River Trip

Take a trip to the Great Falls area of the Potomac River, near Washington, D.C., and paddle Class 2 and Class 3 rapids downstream of the falls. Transportation provided. Rental includes kayak and equipment. Previous whitewater experience a must. Minimum age is 14. Stony Point Shopping Center 6 a.m. - 7 p.m.

Saturday, Aug. 23 \$53 (\$59 with rental) **Course #6871**

## Kayak Play Days <sup>TT</sup>

This after-work paddle is a great chance for beginning whitewater kayakers, especially those without a boat, to get time on the water with instructors. Equipment provided. (Does not include formal instruction or down-river runs). Previous formal instruction required. Minimum age is 13.

\$9 each session

Pony Pasture, James River Park System, 6-8:30 p.m.

May 14 **Course #6549**

May 28 **Course #6550**

June 11 **Course #6863**

June 25 **Course #6864**

July 9 **Course #6865**

July 23 **Course #6866**

Aug. 13 **Course #6867**

Aug. 27 **Course #6868**

Sept. 10 **Course #6869**

Sept. 24 **Course #6870**

## Introduction to Touring Kayak

This class is designed for the person who wants to learn the basics of touring kayaking. Oriented to paddling in "flatwater" environs, the class covers entries and exits, safety and strokes. Optional tour of the Dutch Gap Conservation Area included. Rental includes kayak and equipment. Swimming ability required. Minimum age is 11.

An adult must accompany youths, 11 - 14 years old.

Henricus Historical Park Visitors Center, 251 Henricus Park Road,

9 a.m. - 4 p.m. \$43 (\$49 with rental)

Saturday, May 24 **Course #6556**

Sunday, June 1 **Course #6873**

Sunday, June 15 **Course #6874**

Saturday, July 5 **Course #6875**

Saturday, Aug. 2 **Course #6876**

Sunday, Aug. 24 **Course #6877**

Sunday, Sept. 7 **Course #6878**

## Touring Kayak Day Trips

These trips for beginners to intermediates are led by American Canoe Association-certified instructors. Destinations may include New Point Comfort Lighthouse, Jamestown Island or Chesapeake Bay estuaries. Includes transportation. Rental includes kayak and equipment. Swimming ability required. Minimum age is 13. An adult must accompany youths 13 - 14 years old. Previous kayak instruction required.

8 a.m. - 5 p.m. (Times may vary depending on the location)

**Meet:** Parks Central Maintenance Bldg., 9201 Public Works Rd.

Sunday, July 27 \$43 (49 with rental) **Course #6879**

Saturday, Aug. 9 \$43 (49 with rental) **Course #6880**

Saturday, Aug. 30 \$43 (49 with rental) **Course #6881**

For details on programs on this page,  
call Greg Velzy 748-1124.

## Plantation Paddle by Sea Kayak

See history from a new perspective ... paddle in sea kayaks to view and tour some of the area's finest plantations. Start with a tour of Berkeley Plantation, then paddle down the James River to tour Westover Plantation, then paddle to a tour of Evelynnton Plantation. Fee includes guides, boat shuttle and plantation tour fees. Lunch to be provided by the participant. Swimming ability and previous kayaking experience required! Minimum age is 15 8:30 a.m. – 5 p.m.

Berkeley Plantation, 18602 Harrison Landing Rd., Charles City \$53 (\$59 with equipment)

## Learn to Sail <sup>TT</sup>

Learn the basics, starting with classroom instruction (Tuesday or Thursday evenings). Go "on water" to pilot a 31-foot sloop on the Chesapeake Bay. Terminology, rigging, piloting and docking are covered. Swimming ability required. Minimum age is 15.

Conducted by Bay Adventure Yacht Charters. \$75

**Classroom:** Parks and Recreation Administration, 6801 Mimms Loop, 7-9:30 p.m.

**On the water:** Deltaville (directions provided), 9 a.m.-4 p.m.

Tuesday/Saturday, April 29 and May 3	<b>Course # 6563</b>
Thursday/Sunday, May 15 and 18	<b>Course # 6564</b>
Tuesday/Saturday, June 3 and 7	<b>Course # 6883</b>
Thursday/Sunday, June 19 and 22	<b>Course # 6884</b>
Tuesday/Saturday, July 22 and 26	<b>Course # 6885</b>
Tuesday/Saturday, Aug. 12 and 16	<b>Course # 6886</b>
Thursday/Sunday, Sept. 11 and 14	<b>Course # 6887</b>

## Day of Sailing! <sup>TT</sup>

Bring lunch, board a 31-foot cruising sailboat and sail the Chesapeake Bay. For the "passenger-minded" and those seeking more practice. Minimum age is 13. Conducted by Bay Adventure Yacht Charters. \$50

**On the water:** Deltaville (directions provided), 9 a.m. - 4 p.m

Saturday, May 31	<b>Course #6565</b>
Sunday, June 15 (Father's Day !)	<b>Course #6889</b>
Saturday, June 28	<b>Course #6890</b>
Saturday, July 12	<b>Course #6891</b>
Saturday, Aug. 2	<b>Course #6892</b>
Sunday, Aug. 24	<b>Course #6893</b>
Sunday, Sept. 7	<b>Course #6894</b>
Saturday, Sept. 20	<b>Course #6895</b>



For details on kayaking and sailing: Greg Velzy, 748-1124

## Senior Adult Trips

### Anchors Aweigh

Spend a day on the water! Start your day in Norfolk with a guided tour of the Naval Station. Lunch will be aboard the Spirit of Norfolk for a Big Band Cruise. Spend the afternoon at Nauticus, the National Maritime Center, followed by a tour of the Battleship Wisconsin.

Register by: May 29

Wednesday, June 11 \$73 **Course #6671**

Pick up: Breckenridge Square, 6:45 a.m., return 7 p.m.

Pick up: Beaufont Mall, 7:15 a.m., return 6:30 p.m.

Details: Judy Jones, 751-4135

### A Day on the Farm

Bring along your grandchild and tour the Shenville Creamery and Garden Market in Timberville, VA. There they can discover how milk, ice cream and cheese are made. Following lunch, take a hayride and tour the gardens. Not recommended for children under 6 years old. Register by: June 11

Wednesday, June 25 \$55 (13 years old and older) **Course #6676**

Wednesday, June 25 \$49 (6-12 years old) **Course #6677**

Pick up: Breckenridge Square, 7:30 a.m., return, 6 p.m.

Pick up: Beaufont Mall, 8 a.m., return, 5:30 p.m.

Details: Judy Jones, 751-4135

### Annapolis, Md./Harbour Cruise Tour

Start the day with a guided city tour of Annapolis, Md. Following the tour, lunch at Historic Tavern at Market Square, then enjoy a narrated Harbour Cruise. Register by: July 24

Thursday, Aug. 7 \$80 **Course #6672**

Pick up: Breckenridge Square, 7 a.m., return, 6:30 p.m.

Pick up: Beaufont Mall, 7:30 a.m., return, 6 p.m.

Details: Judy Jones, 751-4135

### River Tours

Embark on a two-part program that takes you by foot and pontoon boat to explore the wildlife and history of the Dutch Gap Conservation Area. Search for bald eagles, herons, muskrats and more. Bring a snack and drink to enjoy on the boat. All programs meet at Henricus Park Visitor Center.

Tuesday, June 10, noon-2 p.m. **Course #6990**

Friday, June 20, 8:30-10:30 a.m. **Course #6991**

Tuesday, July 1, 6-8 p.m. **Course #6992**

Wednesday, July 16, 7-9 a.m. **Course #6993**

Friday, Aug. 1, 7-9 a.m. **Course #6994**

\$7 Register at least one week before each trip.

Details: Mark Battista, 706-9690



## Senior Center of Richmond at Chesterfield

Located in The Featherstone Professional Center, Suite 105, 1807 Huguenot Road, this new center is open Mondays, Tuesdays and Thursdays, 9 a.m.-4 p.m., and offers dance, language classes, card and game groups, health and fitness, special events and trips for adults 50 years old and older.

Details: 594-2339

## TRIAD/S.A.L.T. Council of Senior and Law Enforcement Together

TRIAD is a cooperative effort between the Chesterfield County Police Department, the Chesterfield County Sheriff's Office and seniors throughout the county committed to enhancing the quality of life and reducing crime against senior citizens. Meetings are held the third Thursday of each month.

Details: Judy Jones, 751-4135



## Chesterfield TRIAD Senior Day

Chesterfield County TRIAD Senior Day is an opportunity for senior adults to visit with more than 50 businesses and nonprofit agencies to learn about opportunities and services to make your life safe, active and more enjoyable. Enjoy informational booths, speakers, entertainment and door prizes.

Wednesday, May 7, 10 a.m.-1 p.m.

Chesterfield County Fairgrounds Exhibition Hall

**FREE**

Details: Judy Jones, 751-4135

### Find the TT for Touch Tone

**TT** Whenever you see this phone symbol next to a program, it indicates that you can use our easy, Touch Tone Registration process. See page 29 for details.

**For more senior adult programs,  
see page 7,10,19 and 21.**

## Craft Classes

**(NEW!)** Bobbi Whitlock is the instructor. Fee for these creative projects include instruction and cost of supplies.

### Village Brick Doorstop <sup>TT</sup>

This project is a cute conversation piece that you can personalize. Bon Air United Methodist Church, 1645 Buford Rd.

Date	Fee	Course #
Tuesday, May 20, 9 am-1 pm	\$22	6944

Register by: May 13

Details: Judy Jones, 751-4135

### Snowman Placemat <sup>TT</sup>

It's time to start thinking about Christmas. You will paint a darling snowman on a placemat.

Bon Air United Methodist Church, 1645 Buford Rd.

Date	Fee	Course #
Tuesday, July 29, 9 a.m.-1 p.m.	\$22	6945

Register by: July 22

Details: Judy Jones, 751-4135

### Stamping for Fun

Here is an opportunity to learn a great new craft! Join instructor Shari Fisher and learn to create seasonal cards and other projects, using rubber stamps and ink pads.

### All Occasions <sup>TT</sup>

This project will feature a card and gift tag to use for any special occasion. Register by: June 10

Bon Air United Methodist Church, 1645 Buford Road

Date	Fee	Course #
Tuesday, June 17, 10 a.m.-noon	\$10	6900

### Summer Garden <sup>TT</sup>

Create a card and party favor featuring a garden scene. Register by: Aug. 12

Bon Air United Methodist Church, 1645 Buford Road

Date	Fee	Course #
Tuesday, Aug. 19, 10 a.m.-noon	\$10	6901

## Senior Tennis

Organized for tennis players of all skill levels, 55 years and older. Meet new tennis partners during weekly play. Times vary according to season. Activity is ongoing. **FREE**

Mondays, June-September 8 a.m. Rockwood Park, courts 1-9.

Details: Judy Jones, 751-4135

## Senior Golf

Designed for golf players of all skill levels, 60 years old and older. Here is your chance to meet new golf partners during weekly play. Providence Golf Course, 1160 S. Providence Road

Wednesdays, May 14-Oct. 23 8 a.m.

Fee TBA

Details: Judy Jones, 751-4135



## Ampthill Senior Adult Activities

Programs listed feature activities taking place at Ampthill Presbyterian Church, located at 2800 Falling Creek Ave., from May through August. These programs are made possible by the cooperative efforts of Chesterfield County and a Community Development Block Grant. Details: Judy Jones, 751-4135

### Senior Aerobics <sup>TT</sup>

An aerobic workout that will include exercises and basic steps set to music. This class will include a low-impact cardiovascular workout with warm-up and cool-down exercises. Some strength training and stretching will be included. Instructor will be Kerri Helsley. Mondays and Thursdays, 9-10 a.m.

Date	Fee	Course #
Mondays, May 12-Aug. 18 (not held May 26, July 14, 21, 28)	\$16.50	6764
Thursdays, May 15-Aug. 21 (not held July 17, 24, 31)	\$18	6763

### Introduction to Yoga <sup>TT</sup>

This course is appropriate for students of all fitness levels. It will incorporate easy physical postures, deep relaxation, breathing practices and meditation to help you reduce stress; improve mental and physical balance, strength and flexibility; and increase your sense of well-being. The instructor is Kerri Helsley. Mondays or Thursdays, 10:20-11:20 a.m.

Date	Fee	Course #
Mondays, May 12-Aug. 18 (not held May 26, July 14, 21, 28)	\$13.75	6765
Thursdays, May 15-Aug. 21 (not held July 17, 24, 31)	\$15	6766

### **(NEW!)** Eat Healthy

Need a refresher course on healthy eating for older adults? Learn about the food pyramid, how to read those labels and food and kitchen safety. A healthy snack will be served. Register by: July Monday, July 14, 9-10:30 a.m. **FREE**

### **(NEW!)** Plant Care

Everything you wanted to know about taking care of houseplants. Chesterfield County resident Mary Wyche will show you how. Participants will take home a plant. Register by: July 21

Date	Fee	Course #
Monday, July 28, 10-11:30 a.m.	\$5	6775



## Crafts

Instructor Bobbi Whitlock will help participants get creative. Fee includes instruction and cost of supplies.

### Christmas Rulers <sup>TT</sup>

You will paint two 6" rulers with a Christmas theme.

Friday, June 27 9 a.m.-1 p.m.	\$10	Course #6946
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Register by:

### White Hydrangea on Tin ware <sup>TT</sup>

Paint a beautiful white hydrangea on a small tin watering can.

Friday, Aug. 22, 9 a.m.-1 p.m.	\$10	Course #6947
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Register by: Aug. 15

### **(NEW!)** Stamping for Fun

Here is an opportunity to learn a great new craft! Join instructor Shari Fisher and learn to create seasonal cards and other projects using rubber stamps and ink pads.

### All Occasions <sup>TT</sup>

This project will feature a card and gift tag to use for any special occasion.

Tuesday, May 13, 10 a.m.-noon	\$10	Course #6899
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Register by: May 6

### Summer Garden <sup>TT</sup>

Create a card and party favor featuring the garden.

Tuesday, June 24, 10 a.m.-noon	\$10	Course #6948
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Register by: June 16

**For more craft programs,  
see page 6,10,and 12.**

**See page 19 for more Senior Adult Trips.**

### **(NEW!)** Valentine-Richmond History Museum Center <sup>TT</sup>

Join us to visit this famous museum and learn Richmond History. Trip includes a tour of the Wickham House and a guided curator tour of the costume and textile collection. A box lunch will also be provided.

Wednesday, July 23, 9 a.m.-3 p.m.	\$15	Course #6902
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Register by: July 15

## Pocahontas Performances 2003

### A Celebration of the Performing Arts

Join us at the Pocahontas Heritage Amphitheater for the fifth year of our popular performance series. Co-produced by Parks and Recreation and the Virginia Department of Conservation and Recreation, Pocahontas Performances will feature events the family will enjoy. Bring a blanket or lawn chair; concessions available or bring a picnic. No alcohol or glass bottles.

Pocahontas State Park, Heritage Amphitheater  
Call 748-1623 for complete program listings.

### Richmond Symphony Performance

Friday, June 6, 7 p.m.

Raindate: Saturday, June 7

There is a \$4 per vehicle parking fee

### Richmond Symphony Performance

Sunday, Sept. 21, 6 p.m.

Raindate: Tuesday, September 23

There is a \$4 per vehicle parking fee

## Comcast Fourth of July Celebration

Celebrate our independence with a spectacular fireworks display at dark! Includes children's activities area and special entertainment. Located at the Chesterfield County Fairgrounds (across from L.C. Bird High School on Courthouse Road Extension). Gates will open at 5 p.m. No alcohol, glass bottles, pets or personal fireworks, please. Bring a lawn chair or blanket. Limited parking; roads leading to fairgrounds will be shut down at 9 p.m. or as parking lots fill. Don't miss this fun-filled event for all ages! Thanks to our title sponsor Comcast. Friday, July 4 (No rain date), gates open 5 p.m., fireworks at dark **FREE** Details: 748-1623

## Rainbow of Arts

Crafters are wanted! Artists and crafters are sought to exhibit at the chesterfield Jaycees' 26th Annual Rainbow of Arts festival, cosponsored by the Chesterfield Parks and Recreation Department. This is a great event for the entire family.

Rockwood Park (Rt. 360 and Courthouse Road)

Saturday, Sept. 13

**FREE** Details: Tracy Bishop, 497-4600

## Teach A Child To Fish Clinic

Does your child want to learn to fish? For details see page 12.

## Henricus Historical Park

The earliest recorded history in Chesterfield County and the historic Richmond region comes to life at Henricus Historical Park where the second successful English settlement in the New World is being recreated. The compelling story is told through living history interpretations. Featured also is the culture of Virginia's Indians and Henricus' most famous resident, Pocahontas.

**Details and to Register: 706-1340**

### Musket, Sword and Pike:

#### A Day in the Life of a 17th Century Soldier in Virginia

Experience a day in the life of a soldier in the Henricus militia. Demonstrations of weaponry will be offered throughout the day.

**FREE**

Saturday, May 17, 10 a.m.–5 p.m.

### Flag Day: A Commemoration at Henricus

Flag Day honors all the flags that have flown over the Citie of Henricus. Walk through Virginia history and experience living history demonstrations and military reenactments.

**FREE**

Saturday, June 14, 10 a.m.–5 p.m.

### Spirit's Fire: A Celebration of Midsummer's Eve

Celebrate the arrival of summer at the Citie of Henricus. Gather around the great fire as herbs are burned to drive away evil spirits. Discover how cultures through time greeted the change of seasons.

Saturday, June 21, 7-9 p.m., Register by: June 20

\$5 adults, \$4 seniors and children

### Camp Pocahontas

This exciting camp will explore both the culture of the Powhatan Indians and the influence of Pocahontas on the growth of the Virginia colony. Camp includes crafts, storytelling and games.

Register by: June 13

Monday, June 23–Friday, June 27, 9 a.m.–4 p.m.

\$110

### The People of Pocahontas

Explore the culture of Pocahontas' people, the 17th century Eastern Woodland Powhatan Indians. Learn how sharing their knowledge helped the colonists to survive.

**FREE** (nominal fee for activities)

Sunday, July 13, noon–5 p.m.

### Henricus River Camp

Children, 9-12 years old, will experience the James River. The camp is a cooperative program of Chesterfield County Parks and Recreation, The Friends of Chesterfield's Riverfront and The Henricus Foundation. Register by: July 11

Monday, July 21 – Friday, July 25, 9 a.m. – 4 p.m.

\$110

### Digging Butler's Dutch Gap

Imagine digging the Dutch Gap Canal! In 1864, General Benjamin Butler's Union troops began this arduous task to change the course of the James River. Watch Civil War reenactors bring this massive engineering project to life through living history demonstrations and activities. **FREE**

Saturday, August 16, 10 a.m. – 5 p.m.

## Tennis

United States Professional Tennis Registry (USPTR) instructor teaches all classes. Bring your own racket; balls provided. A minimum of four students is required per class. If any class is canceled due to weather, one make-up class will be scheduled.

Register at least one week before class. \$35 per course

**Beginner:** Learn fundamentals, including basic strokes (forehand, backhand and serve). Rules, scoring and court etiquette will be covered.

**Advanced Beginner:** Practice hitting the ball where you want it to go. Stroke production and basic strategy are covered.

**Intermediate:** Learn topspin and slice, plus play doubles. Focus on shot placement and consistency.

**Doubles:** Learn basic strategies and court positioning. Experience is needed in controlling your forehand, backhand and serve. No partner required.

**Advanced Intermediate:** Emphasis on clay court tennis, developing strategy, footwork and basic stroke production. Will also cover serve placement.

## Midlothian Middle School <sup>TT</sup>

13501 Midlothian Turnpike

Details: Charles Hester, 748-1130

### Beginner Youth/Teen

Tuesdays, June 10-July 15

Youth (8-12), 6:30-7:30 p.m.

Course #6911

Teen (13-17), 7:30-8:30 p.m.

Course #6912

### Beginner Teen/Adult

Wednesdays, June 11-July 16, 6:30-7:30 p.m.

Course #6917

### Advanced Beginner Adult

Wednesdays, June 11-July 16, 7:30- 8:30 p.m.

Course #6918

### Intermediate Adult

Thursdays, June 13-July 17, 6:30-7:30 p.m.

Course #6922

### Doubles

Thursdays, June 13-July 17, 7:30-8:30 p.m.

Course #6926

## L.C. Bird High School <sup>TT</sup>

10301 Courthouse Road Extension

Details: Mark Pinney, 748-1992

Saturdays, June 21-Aug. 2 (not held 7/5)

### Beginner Adult

8-9 a.m.

Course #6726

### Advanced Beginner Adult

9-10 a.m.

Course #6724

### Beginner Youth (8-12 years old)

10:15-11:15 a.m.

Course #6728

### Intermediate Adult

11:15 a.m.-12:15 p.m.

Course #6729

## Ironbridge Park <sup>TT</sup>

6600 White Pine Road, Clay Tennis Courts

### Advanced Intermediate

Course #6723

Saturday, June 21-Aug. 2, 12:30-2 p.m. (not held 7/5)

\$50

## The First Tee Chesterfield

The First Tee is located in Iron Bridge Park and includes an 18-hole golf course, driving range with practice areas, and three-hole/par-three practice course. The facility provides affordable access to golf for all ages, with a special emphasis on youths.

Details: 275-8050



## Golf

Learn to play golf – or improve your game – by taking a course offered at Windy Hill Sports Complex. Several course levels are offered from June through mid-August and most courses are four weeks in length.

**Beginner Adult Golf** will be held on Tuesdays, 6:30-7:30 p.m.

**Intermediate Adult Golf** will be held on Thursdays, 7-8 p.m.

**Beginner Youth Golf** will be held on Saturdays, 2-3 p.m.

Windy Hill Sports Complex., 16500 Midlothian Turnpike

Fee varies

Details: Charles Hester, 748-1130

## Golf Tournament -

## Family Fairway Frenzy At First Tee

Enjoy a fun day of golf with your family. This alternate-shot tournament is set up for adults and children of all ages to experience golf in a great atmosphere. Fee includes range balls, club rental for children and carts, with optional lunch. Trophies, contest, prizes and lots of fun. Space is limited, so register early. No experience necessary. \$15 (adult/junior no lunch), \$25 (twosome with lunch)

Friday, June 20, noon

Course # 6741

Details: Kelly Hedley, 748-1122

## Lucy Corr Foundation 5K Run for the Future

Come join the fun and help raise awareness and funding for disabled senior adults during this race that winds its way through the Chesterfield County Government Complex. A \$250 award will be given to the Overall Top Finishers in the male and female categories. July 26, 8 a.m. rain or shine. Registration begins 7 a.m.

**Categories:** Youths, 14 years old and younger; 15-19 years old; 20-24 years old; 25-29 years old; 30-34 years old; 35-39 years old; 40-44 years old; 45-49 years old; 50-54 years old; 55-59 years old; 60-64 years old; and 65 years old and older.

**Entry Fee:** \$12 pre-registration through July 22; \$15 afterwards (T-shirts will be given to first 300 registrants.)

**Sponsorship:** Organizations interested in sponsorship opportunities may call Mary Jones for more information at 706-5712.

**Details:** Mary Jones, (804) 706-5712; www.rrrc.org



## Come Out and Play Chesterfield <sup>TT</sup>

This activity will emphasize FUN while teaching youths, ages 6-12, leisure skills to last a lifetime. Each camp will focus on developing social skills, enhancing leisure lifestyles and self-esteem and improving health and wellness. Financial assistance is available. Longer hours will be available for summer school participants.

Monday-Friday 1-5 p.m.

July 7-18 \$30

July 21-Aug. 8 \$45

### Bellwood Elementary School

July 7-18: **Course #6153** July 21-Aug. 8 **Course #6154**

### Bensley Elementary School

July 7-18: **Course #6149** July 21-Aug. 8 **Course #6150**

### Beulah Elementary School

July 7-18: **Course #6145** July 21-Aug. 8 **Course #6146**

### Ettrick Elementary School

July 7-18: **Course #6158** July 21-Aug. 8 **Course #6159**

### Harrowgate Elementary School

July 7-18: **Course #6162** July 21-Aug. 8 **Course #6163**

### Jacobs Road Elementary School

July 7-18: **Course #6253** July 21-Aug. 8 **Course #6254**

Ettrick and Harrowgate elementary schools details: Jackie Maclin, 748-1123.

Bellwood, Bensley and Beulah elementary schools details: Mark Pinney, 748-1992.

Jacobs Road Elementary School details: Dave Caras, 748-1132

## Camp Chesterfield

A week of fun for youths, ages 6-12 at Pocahontas State Park. Adult-supervised activities include nature activities, games, swimming, archery, arts and crafts, boating and catch-and-release fishing. Friday ends the camp with a climbing wall, camp talent show and cookout. Staff-to-child ratio is 1-to-10. Bus service, included in fee, is provided from four locations. Please indicate bus stop on registration form. Staff is on duty to supervise children beginning at 7:30 a.m. and after drop off until 5:30 p.m. (Note: No staff is on duty at Pocahontas State Park bus stop. Parental supervision is required). Details will be mailed.

Monday-Friday, 9 a.m.-3:30 p.m. (does not include travel time)

June 30-July 3 (not held 7/4)

**Course #6510**

July 7-11

**Course #6511**

July 14-18

**Course #6512**

July 21-25

**Course #6513**

July 28-Aug. 1

**Course #6514**

Aug. 4-8

**Course #6515**

### Bus/van stops:

Point of Rocks Parks (playground): pick up 8:15 a.m./return 4:15 p.m.  
Huguenot Park (shelter 2, Early Settlers Landing Road); pick up 7:55 a.m./return 5 p.m.

Rockwood Park (playground); pick up 8:15 a.m./return 4:30 p.m.

Iron Bridge Park (playground); pick up 8:30 a.m./return 4 p.m.

Pocahontas State Park (no staff present); pick up 8:45 a.m./return 3:45 p.m.

June 30-July 3: \$112 All other dates: \$140

Details: Charles Hester, 748-1130

## Teens and Pre-Teens

### Counselor In Training (CIT)

Hey teens! Become a camp Counselor-In-Training (CIT). The CIT Course provides a growth experience for ages 13-17 and offers an introduction to the principles of leadership. Teens contribute to camp activities by working with staff to lead younger campers in various recreational activities. Daily schedules for CITs may be adjusted to accommodate special needs and/or interests. Training with camp staff will be scheduled.

Details: Bellwood and Bensley, Beulah elementary schools: Mark Pinney, 748-1992; Jacobs Road Elementary School: Dave Caras, 748-1132; Ettrick and Harrowgate elementary schools: Jackie Maclin, 748-1123; Camp Chesterfield: Charles Hester, 748-1130

### For Come Out and Play Chesterfield CITs at:

#### Bellwood

July 7-18 \$30

**Course #6217**

July 21-Aug. 8 \$45

**Course #6218**

#### Bensley

July 7-18 \$30

**Course #6206**

July 21-Aug. 8 \$45

**Course #6208**

#### Beulah

July 7-18 \$30

**Course #6219**

July 21-Aug. 8 \$45

**Course #6220**

### For Camp Chesterfield CITs at:

#### Pocahontas State Park

June 30-July 3 \$32

**Course #6681**

(not held July 4)

July 7-11 \$40

**Course #6682**

July 14-18 \$40

**Course #6683**

July 21-25 \$40

**Course #6684**

July 28-Aug. 1 \$40

**Course #6685**

Aug. 4-8 \$40

**Course #6686**

Details: Charles Hester, 748-1130



## Find the TT for Touch Tone

**TT** Whenever you see this phone symbol next to a program, it indicates that you can use our easy, Touch Tone Registration process. See page 29 for details.

## Summer Teen Centers

All Chesterfield County middle and high school teens are welcome to join the fun! Nearby centers have various activities, such as billiards, basketball, video games and trips. With the assistance of Parks and Recreation staff, interested members of the community plan, publicize and coordinate programs tailored to meet the needs of the teen population in each neighborhood. Volunteers welcome. **FREE** (nominal charge for some trips)

### Clover Hill Area Teen Center

Monday-Friday, July 7-Aug. 8, 1-6 p.m.  
Swift Creek Middle School, 3700 Old Hundred Road South  
Details: Dave Caras, 748-1132

### Ettrick Teen Center

Monday-Thursday, 2-6 p.m.; alternating Fridays, 6-9:30 p.m.  
Ongoing throughout the year  
Mayes-Colbert Ettrick Community Building,  
20400 Laurel Road, Ettrick Park  
Details: Jackie Maclin, 748-1123

### Greenfield Teen Center

July 7-Aug. 8, Monday-Thursday, 2-6 p.m.; Fridays 7-10 p.m.  
Greenfield Community Building, 2221 Woodmont Drive  
Details: Charles Hester, 748-1130

### Meadowbrook Area Teen Center

Monday-Thursday, July 7-Aug. 7, noon-5 p.m.  
Hening Elementary School, 5230 Chicora Drive  
Details: Mark Pinney, 748-1992

## Teen Adventure Camp <sup>TT</sup>

Teens, ages 13-15 years old experience various adventure elements, including rock climbing at Great Falls Park, bike riding in False Cape State Park and kayaking in the Atlantic Ocean.  
July 29-31, (times vary)  
**Course #5949**  
\$120  
Details: Dave Caras, 748-1132

## Eco Adventure Camp (Ages 12-14) <sup>TT</sup>

Explore and learn about coastal Virginia. Day one: paddle the tidal waters of Dutch Gap Conservation Area. Day two: paddle to the New Point Comfort Lighthouse on Chesapeake Bay. Day three: use sit-on-top kayaks to paddle with dolphins along the Atlantic Coast.  
Tuesday-Thursday, June 24-26, 9 a.m.-2 p.m.  
Register by: May 24  
**Course #6597**  
\$120 per person  
Details: Mark Battista, 706-9690

## Munchkin Tennis Camp

Develop agility, coordination, and motor skills with a certified United States Professional Tennis Registry (USPTR) instructor. Bring junior racket. Balls will be provided. Ages 5-7. Register at least one week before camp. \$100  
Monday-Friday, July 7-11, 9:30 a.m.-noon **Course #6523**  
Huguenot Park Tennis Courts (Shelter 2) Early Settlers Road  
Details: Charles Hester, 748-1130

## Music Camp

Candy Banks instructs in piano, glockenspiel, recorder, dulcimer, percussion instruments and folk dance. Children 5-8 years old, learn to read music and play simple songs. Register at least one week before camp. \$80  
Huguenot Park (Shelter 2) Early Settlers Road  
Monday-Friday, July 7-11, 9:15 a.m.-noon **Course #6528**  
Details: Charles Hester, 748-1130

## Around the World with Kindermusik® Camp

Instructor Candy Banks leads children, ages 4-7, in a variety of multi-cultural music, dance and arts and crafts. Ethnic snack included. Monday-Friday, 9 am-noon. Register at least one week before camp. Huguenot Park (Shelter 2) Early Settlers Road  
July 14-18 **Course #6524**  
\$90 (includes cost of material)  
Details: Charles Hester, 748-1130

## Near and Far-Kindermusik® Camp

Instructor Candy Banks shows children ages 4-7 a variety of world habitats using music, instruments, stories and arts and crafts. Ethnic snack included. Register at least one week before camp.  
Monday-Friday, July 21-25, 9 a.m.-noon. **Course #6624**  
Huguenot Park (Shelter 2) Early Settlers Road  
\$90 (includes cost of material)  
Details: Charles Hester, 748-1130

## Little House on the Prairie Camp <sup>TT</sup>

Children, 8-12 years old will explore the culture and history of the period covered in Laura Ingalls Wilder's book series, Little House on the Prairie. Activities include square dancing, sewing, crafts and role-play. Register one week before course. \$65  
Bon Air United Methodist Church, 1645 Buford Road  
Monday- Friday, 10 a.m.-3 p.m.  
June 16-20 **Course #6526**  
June 30-July 3 **Course #6527**  
Details: Charles Hester, 748-1130

## Panorama of Art <sup>TT</sup>

This camp for children 9 -12 years old will include a wide variety of art media. Each day will focus on a specific medium, including charcoal (soft and pencil form), acrylic (opaque and wash) and pastel (soft and pencil). \$100  
Monday-Thursday, July 21-24, 1-4 p.m. **Course #6730**  
Swift Creek Middle School Art Room, 3700 Old Hundred Road South  
Details: Dave Caras, 748-1132

**To register, see page 31.**

**Camp Crenshaw <sup>TT</sup>**

This camp for children 6-12 years old will provide the opportunity to participate in a variety of recreational activities including sports, arts and crafts, music and games.

Monday-Friday, July 7-Aug. 8, 1-5 p.m.

\$80

**Course #6252**

Crenshaw Elementary, 11901 Bailey Bridge Rd

Details: Dave Caras, 748-1132

**Tennis Camp**

United States Professional Tennis Registry (USPTR) instructor teaches forehand, backhand, serving, scoring and court etiquette. Bring racket. Balls will be provided. Register at least one week before each camp.

Monday-Friday, 9:30 a.m.-noon

July 14-18 (Ages 10-12)

**Course #6521**

July 28-Aug. 1 (Ages 8-10)

**Course #6522**

Huguenot Park Tennis Courts (Shelter 2), Early Settlers Road

\$100 per camp

Details: Charles Hester, 748-1130

**Camp Red Tail Hawk**

Go beyond a traditional day camp experience. Children, ages 8-12 old will enjoy sports, games, arts and crafts, plus archery, rock climbing and nature activities. Camp concludes with a cookout for participants and their parents. Inclement weather may cause some day cancellations.

Monday-Friday, 8 a.m.-noon, Rockwood Park, Shelter 4

June 30- July 11 (no camp July 4)

**Course #5939**

July 14-25

**Course #5940**

July 28-Aug. 8

**Course #5941**

\$80 per camp (no camp July 4)

Details: Dave Caras, 748-1132

**Learn to Ice Skate Camp <sup>TT</sup>**

Beginners/intermediates have fun learning the basics at a recreational level and beyond. Snack and skate rental included. Register at least one week before camp.

Monday-Friday, July 7-11, 1-5 p.m.

Ages 5-8

**Course #6516**

Ages 9-12

**Course #6517**

Richmond Ice Zone, 636 Johnston Willis Drive

\$100 Details: Charles Hester, 748-1130

**Youth Adventure Camp <sup>TT</sup>**

Youths 10-12 years old experience various adventure elements, including rock climbing at Great Falls Park, hiking the South River Falls Trail in Shenandoah National Park, and kayaking in the North Bay.

June 17-19, times vary

**Course # 5948**

\$120

Details: Dave Caras, 748-1132

**Clown Camp <sup>TT</sup>**

Youths 9-12 years old will learn juggling and magic and makeup and costumes. Campers will perform skits, learn about parade participation and make balloon animals, too.

Monday-Friday, July 14-18, 12:30-4:30 p.m.

Manchester Middle School, 7401 Hull Street Road

\$60

**Course #5942**

Details: Dave Caras, 748-1132

**Horseback Riding Camp <sup>TT</sup>**

Children, ages 8 and older, learn riding fundamentals or improve skills. Includes techniques in handling, mounting, dismounting, posting to trot, diagonals and canter preparation. Wear long pants and heeled shoes.

Monday-Friday, June 23 - 27, 8:30 a.m.-12:30 p.m.

Hunter Lane Stables, 3578 Hunter Lane

**Course #6622**

\$155 Details: Greg Velzy, 748-1124

**Golf Camp <sup>TT</sup>**

Beginners golfers 6-16 years old, will learn the fundamentals of grip, stance, swing and Par 3 Course etiquette skills. Clubs and balls will be provided. Register one week before course.

Monday-Friday, 9-11 a.m.

Windy Hill Sports Complex, 16500 Midlothian Turnpike

July 7-11

**Course #6518**

July 28-Aug. 1

**Course #6519**

Aug. 18-22

**Course #6520**

\$100 Details: Charles Hester, 748-1130

**Pee Wee Golf Camp**

Designed for juniors ages 4-6, this camp teaches golf swing basics and how to play the game. Participants will practice on a pee wee (junior-sized) golf range and play on their own pee wee golf course. Windy Hill Sports Complex, 16500 Midlothian Turnpike

Monday-Wednesday, June 9-11, 3:45-4:45 p.m.

**Course #6625**

Wednesday-Friday, July 9-11, 8:30-9:30 a.m.

**Course #6626**

\$45 Register one week before course.

Details: Charles Hester, 748-1130





## Nature Camps

Have fun learning about nature this summer. All camps, conducted by experienced naturalists, encourage exploration and discovery, and emphasize our responsibility to tread lightly upon our earth and to respect all living things. All participants, except Summer Sprouts, must bring lunch daily. A snack will be provided. Drop-off and pick up will be at Rockwood Nature Center. All camps limited to 12 children. Details: Judy Brown, 745-7020

### Summer Sprouts <sup>TT</sup>

(Ages 4-5, rising Kindergartners)

Enjoy hands-on nature exploration, hike, play games, sing and create cool nature-inspired works of art. Learn about trees, frogs, turtles, snakes, insects, squirrels, beavers and more. Come join us for a "nature-ific" week at Rockwood Park.

Monday-Thursday, June 30-July 3, 9 a.m.-noon **Course #6635**  
\$65 per course

### Nature Nuts <sup>TT</sup>

(Ages 5-6 years, rising first graders)

Unravel some of nature's secrets by hiking through forests, fields and wetlands. Get buggy in the meadow, collecting and observing insects. Tromp to the swamp and discover who lives at the edge of Gregory's Pond. Meet Rockwood Nature Center's resident snakes, turtles and amphibians. Nature crafts, games and songs will enhance our daily explorations of the varied habitats of Rockwood Park. Children may register for only one camp.

Monday-Friday, June 23-27, 1-5 p.m. **Course #6636**  
\$75 per course

### Konservation Kids <sup>TT</sup>

(Ages 7-8, rising second and third graders)

Ever heard of the 3 Rs? No, not reading, writing and arithmetic. How about reduce, reuse and recycle? This fun-filled camp teaches kids about the importance of conserving our natural resources. We will play games, explore Rockwood Park, learn about our local wildlife (with hands-on explorations of the animals that reside at the nature center), and do some eco-special crafts while investigating the role humans have as stewards of our earth.

Monday-Friday, Aug. 4-8, 9 a.m.-1 p.m. **Course #6639**  
\$75

### Reptile Rage <sup>TT</sup>

(Ages 8-11, rising third, fourth and fifth graders)

Fascinated by frogs? Smitten by snakes? In love with lizards? Come investigate the wild and wacky world of herps (amphibians and reptiles) through games, songs and crafts. Observe and identify local herps in their natural habitats, meet our resident specimens, and keep a journal of your findings. Design and create your own exhibit for our 3rd annual reptile fair. Included is a field trip to the marsh at R. Garland Dodd Park at Point of Rocks, the habitat of the cottonmouth in Chesterfield County.

Monday-Friday, July 28-Aug. 1, 9 a.m.-1 p.m. **Course #6640**  
\$85

### **NEW!** Virginia Eco-Explorers <sup>TT</sup>

(Ages 9-11, rising fourth, fifth and sixth graders)

Attention all habitat hounds and eco-detectives. In this new hands-on camp, we will be investigating why particular animals and plants are found in only certain areas of Virginia. Do you know what the five regions of Virginia are? Hint: In Richmond, we live in the Piedmont. We will explore the landscape of Virginia through hikes, games and an overnight camping trip. Join us for this exciting adventure!

Monday-Wednesday, July 21-23, 9 a.m.-2 p.m. **Course #6641**  
Thursday and Friday, July 24-25, overnight camping trip to the Blue Ridge Mountains. At least one or both parents or guardians must accompany a child.  
\$150

## Therapeutic Camp

### Silent Camp

This camp is designed for youths, ages 10-15, who are deaf and/or hard of hearing to meet each other and enjoy recreational opportunities. The camp also is open to siblings of youths who are deaf and/or hard of hearing. All participants must be fluent in American Sign Language. Register by: June 9  
Salem Church Middle School

Monday - Friday, 1 p.m.-4:30 p.m.

July 7-11	\$75 per course	<b>Course #6689</b>
July 14-18	\$75 per course	<b>Course #6690</b>
July 21-25	\$75 per course	<b>Course #6691</b>
July 28-Aug. 1	\$75 per course	<b>Course #6692</b>

Details: Erika de Witt, 751-4134

**For more Therapeutic Recreation Programs, see page 28**

## Wheelchair Sports

Youths, 8-18 years old with physical disabilities, and other interested participants are invited to join this open gym wheelchair sports activity. This activity will begin with basketball and may include various other sports depending on participant interest. Participants are encouraged to bring their own wheelchairs, however, a limited number are available.

Mondays, through June 11, 6-8 p.m.

Providence Middle School, 900 Starlight Lane

Details: Erika de Witt, 751-4134

## Spring Prom

Volunteers are invited to join the fun at this annual dance for those who are 16 years old and older with mental retardation. Supported by the Knights of Columbus Council #6189.

Saturday, May 17, 7-10 p.m.

Bishop Ireton Center, 3300 Old Courthouse Road

Details: Erika de Witt, 751-4134

**FREE**

## Special Olympics

Athletes with mental retardation or cognitive delay, 8 years old and older, are invited to register for participation in Special Olympics. SOVA Chesterfield County offers a variety of sports, including roller skating, snow skiing, golf, ice skating, track and field, aquatics and tennis, as well as unified (partnered) team sports, such as soccer, volleyball, basketball, softball and bowling. Skills training is also offered in golf, volleyball, basketball, soccer, skiing, swimming, tennis and roller skating. Current programs being offered are listed below. Details: Erika de Witt, 751-4134

### Aquatics and Swim Skills

Saturdays, through June 7

Aquatics, 1-2 p.m.; Swim Skills, 2-3 p.m.

Riverside Wellness and Fitness Center at Briarwood, Robious Road

### Tennis

Call for information: Erika de Witt, 751-4134

## Unified Sports

Volunteers are paired with athletes with mental retardation to form teams, that compete in a league. They provide training and continuity of sport and social skills.

### Unified Softball Tournament League

Sundays, March 16-June 15, 1-4 p.m.

Bensley Park (both fields)

### Unified Softball Recreation League

Sundays, March 16-June 15, 1-4 p.m.

Beulah Elementary School, 4216 Beulah Road

**Don't forget to check out the other activities listed in this publication. Assistance or accommodations are available to persons with disabilities.**

**Details: Erika de Witt at 751-4134**

## TGIF

Chesterfield County Parks and Recreation is teaming up with Henrico Division of Recreation and Parks to bring you T.G.I.F. The first Friday of each month, survivors of brain injury, 18 years old and older, are invited to meet for the social event of the month. If you enjoy dining, dancing and having fun with good friends, you'll want to be a part of T.G.I.F.

Details: Erika de Witt, 751-4134

## A Playground for Katie and Friends

A Playground for Katie and Friends at Huguenot Park will be accessible to all children, including those with physical disabilities. A ground-breaking ceremony will be scheduled during the summer, with a ribbon-cutting and grand opening slated for late summer or early fall. For more information, please call Jane Warrick at 897-0304.



## Adaptive Sailing

The Virginia Adaptive Recreation Resource Center (VARRC) is co-sponsoring an adaptive sailing trip with Sail Hampton Roads on Friday, Aug. 22, for adults with physical or cognitive disabilities. Space is limited and will be reserved on a first-come, first-served basis. Persons using wheelchairs will be accommodated on a limited basis. The fee is \$25 for up to four hours of sailing. Transportation will be arranged through carpooling. There will be an informational pre-trip meeting at least two weeks in advance. Register by July 22. For registration information, contact Erika de Witt at 751-4134.

**For Therapeutic Recreation camp,  
see page 27**

**Do you have a special hobby or talent? Instructors and volunteers are needed to lead and instruct recreation activities and classes in dance, health and fitness, crafts, hobbies and sports for youths and adults with disabilities. Instructors are hired on a contractual basis. Experience or certification required.**  
**Details: Erika de Witt at 751-4134**

## Touch-tone Registration

*Want a quick, easy way to register for programs, that's also convenient?  
You got it!*

Use Touch-Tone Registration to register for most courses, programs and activities any hour of the day or night, seven days a week. With today's increasing demands on family time, Parks and Recreation wanted to offer our customers a quick and easy way to register. All it takes is your phone, your Parks and Recreation account card (call 748-1623 to get one) and your Mastercard, VISA, or VISA/Mastercard Debit card number.

### Here's how it works:

1. Phone (804) 768-7722.
2. Press "1" for the registration menu.
3. Press "1" again to register.
4. Enter the "Personal Barcode Number" (from your Parks and Recreation account card) for the person you want to register.
5. Enter the "Family PIN" (from your Parks and Recreation account card).
6. Enter the "Course Number" (from Parks and Recreation's Program Guide).
7. Enter your VISA, MasterCard or Debit Card information.

*It's that easy! You'll receive confirmation by mail.*

### To get a Parks and Recreation Account Card,

complete the form below and fax it to us: (804) 751-4131. Or mail it to us: Chesterfield County Parks and Recreation, P.O. Box 40, Chesterfield, VA 23832. Need special assistance? Call (804) 748-1623.

## Find the TT!

Whenever you see this <sup>TT</sup> symbol next to a program, it indicates that you can use our easy, Touch Tone Registration process.

## Application Form for Touch-tone Account

### Family Member Information Form

*Please list all family members*

Last Name	First Name	Date of Birth* Month/Day/Year	Sex M/F

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Current Customer ☐ New Customer ☐ Chesterfield County Resident: Yes ☐ No ☐

\* required



## Employment Opportunities

### Recreation Supervisors, Leaders and Therapeutic Recreation Staff:

Chesterfield County Parks and Recreation is seeking individuals to supervise children during our summer drop-in recreation programs. Salary range: \$7.10 - \$11.44 per hour  
Details: Greg Sager, 748-1131

### Specialized Class Instructors:

Instructors and volunteers are needed to lead and instruct preschoolers, youths, teens, adults, senior adults and individuals with disabilities in recreational activities and classes in dance, health, fitness, crafts and hobbies.  
Details, Greg Sager, 748-1131

### Adverse Weather Hotline 748-1001

#### Field Closings and Facility Closings

**Field Closings:** Decisions regarding weekday field closings due to weather conditions are not made until 4 p.m. weekdays. Decisions regarding games at outdoor school sites are made by league commissioners.

**Facility Closings:** If you are not sure about the status of a facility or activity, first call the hotline, then try the appropriate staff, and then Parks and Recreation at 748-1623.

## Facility Reservation Information

Bensley Community Building: 275-5321  
Ettrick Community Building: 526-5596  
Fairgrounds/Exhibition Hall: 748-1126  
Horseback Riding Rings: 748-1126  
Picnic Shelters: 751-4696

## Picnic Shelter Reservations Are Available at These Locations:

Ettrick Park	Huguenot Park	R. Garland Dodd Park at Point of Rocks
Goyne Park	Iron Bridge Park	
Harrowgate Park	Matoaca Park	Robious Landing Park Rockwood Park



## How to Reach Us

The department administration building, located at 6801 Mimms Loop, is open from 8:30 a.m. to 5 p.m. Monday through Friday, except on government holidays.  
**(804) 748-1623; TDD – (804) 748-1127**  
[www.chesterfield.gov](http://www.chesterfield.gov)

### Parks Numbers

If you have a question about a specific park, you can call that park directly from 7 a.m. to 3:30 p.m.

Main Parks Office	748-1624 (8 a.m.-5 p.m.)
Dodd Park at Point of Rocks	530-2459
Huguenot Park	323-1700
Iron Bridge Park	271-7554
Rockwood Park	276-6661

### After-Hours Parks and Recreation Assistance

After working hours or on weekends, call 748-1624.

## Parks and Recreation Advisory Commission (PRAC)

The Parks and Recreation Advisory Commission (PRAC) provides a link between the community and the Parks and Recreation department. The PRAC has two representatives from each magisterial district and one from the School Board. The County Board of Supervisors appoints members to the PRAC for four-year terms. The Commission meets monthly to hear concerns, discuss issues, and provide input to the department about the operation of parks and recreation services. Citizens are welcome at the meetings held the first Thursday of each month, 7 PM, at the Central Library. For more information, contact the department at 748-1623.

### Commission Members

#### Bermuda District

Timothy Mick  
Lynn Crump

#### Clover Hill District

Richard Worcester, Chairman  
Terry Minor

#### Dale District

Dennis Harding  
Bob Terrell

#### Matoaca District

Tim Russell  
Earl Gee

#### Midlothian District

Ron Maxey  
John Hilliard

#### School Board Representative

Marsha Litton

## Nondiscrimination/inclusion statement

The Chesterfield County Parks and Recreation Department provides opportunities and recreation programs which are open and accessible to all citizens in the county regardless of sex, religion, socioeconomic status, and/or level of physical or mental ability.

Please give us at least three weeks notice prior to the course or program start date to make reasonable accommodations. An abbreviated version of this brochure is available on audio cassette by call 748-1623, (TDD) (804) 748-1127.

## Registration begins Monday, April 28, 2003

### Registration Information

Courses are filled on a first-come, first-served basis. A receipt represents a completed registration. The county charges \$25 for returned checks.

### Refunds

Refunds are made when courses are full or canceled. If a change in day, time or location prohibits you from attending, we will be happy to refund your fee. Simply mail your written request at least one week prior to its start.

### We guarantee your satisfaction!

If after taking a course, you were dissatisfied with it, you may either transfer to another course or request a refund. Just notify us in writing within one week of the end of the course.

## How To Register



**By Mail:** Complete form below and attach payment or credit card information. No cash, please.



**In Person:** The Parks and Recreation Administration Building is open 8:30 a.m.–5 p.m., weekdays, and is located in the Chesterfield Government Center at 6801 Mimms Loop.



**Drop In:** Drop registration form with payment (no cash) in the mail slot at the Parks and Recreation Administration Building.



**By Phone:** Call (804)748-1623. Have credit card information ready or use Touch Tone Registration. See page 29.



**By Fax:** Fax form with credit card information to (804)751-4131.



## CHESTERFIELD COUNTY PARKS AND RECREATION DEPARTMENT

Adult Name \_\_\_\_\_ DOB \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (home) \_\_\_\_\_ (business) \_\_\_\_\_ E-mail Address \_\_\_\_\_

Participant Name	DOB Mo/Day/yr	Sex	Activity Name	Course Number	Activity Location	Start Date	Start Time	Fee
Total fee								

CREDIT CARD  
INFORMATION

HOLDERS NAME \_\_\_\_\_ CHECK ONE: VISA ☐ MASTERCARD ☐  
EXP. DATE \_\_\_\_\_ CARD NUMBER \_\_\_\_\_  
SIGNATURE \_\_\_\_\_

Make checks payable to:  
Chesterfield County Treasurer

Mail registration form and payment to:  
Parks and Recreation Department, P.O. Box 40,  
Chesterfield, VA 23832

Phone Numbers  
(804) 748-1623  
(804) 748-1127 TDD  
(804) 751-4131 FAX



Any special accommodations needed? ☐ Yes \_\_\_\_\_

Please specify how you obtained this program guide:

store ☐ mail ☐ library ☐ other ☐

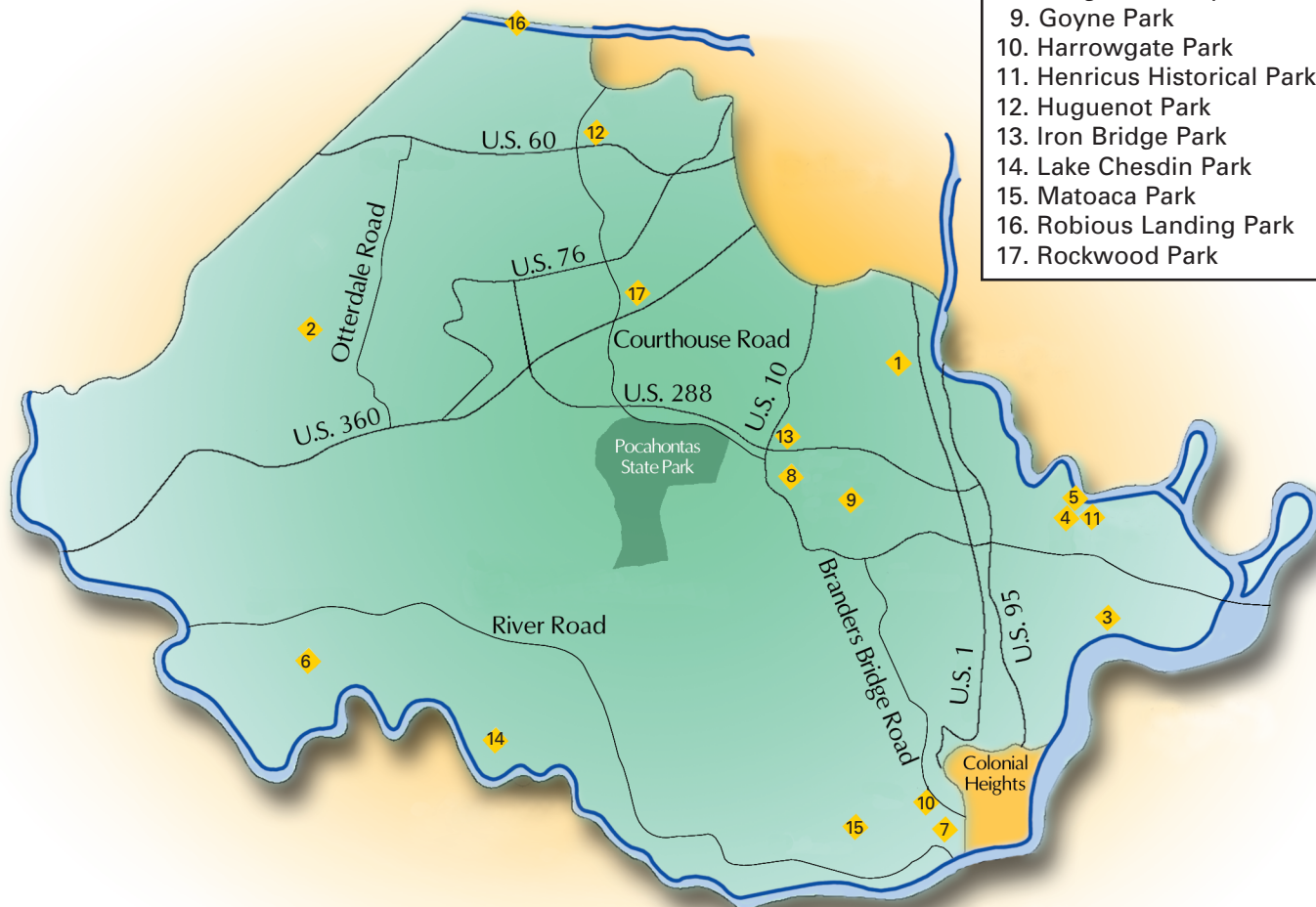
REGISTRATION FORM

# Popular Parks and Recreation Sites

For more information call 748-1623 or 748-1624.

## Key

1. Bensley Park/Community Building
2. Clover Hill/Horner Park
3. Dodd Park at Point of Rocks
4. Dutch Gap Conservation Area
5. Dutch Gap Boat Ramp
6. Eppington Plantation
7. Ettrick Park/Community Building
8. Fairgrounds/Equestrian Center
9. Goyne Park
10. Harrowgate Park
11. Henricus Historical Park
12. Huguenot Park
13. Iron Bridge Park
14. Lake Chesdin Park
15. Matoaca Park
16. Robious Landing Park
17. Rockwood Park



**Chesterfield County  
Parks and Recreation**

P.O. Box 40, Chesterfield, Virginia 23832